

Cauliflower And Cannellini Bean Soup With Cumin Seeds

Ingredients:

Difficulty: Easy
(serves 4-6)

2 tbsp olive oil
1 large onion, diced
2 garlic cloves, thinly sliced
2 tsp cumin seeds
1 vegetable stock cube (use vegetable broth if you have any)
1 large head of cauliflower (about 800 gr. before trimming), cut into florets
2 cans cannellini beans, divided (each can has 230 gr drained weight)
7.5 dl (or 5 cups) water (or vegetable broth)
salt and pepper to taste

Instructions:

1. In a large pot, put olive oil and warm on medium high heat for about 20 seconds, then add onion and sauté for 4-5 minutes, until it is translucent.
2. Add garlic, cumin seeds and vegetable stock cube if using, and continue to sauté for about 1-1.5 minutes more.
3. Add cauliflower florets and half of the beans, then add water (or vegetable broth).
4. Stir the ingredients and cover the pot (I left ajar). Let the soup come to a boil, then turn the heat to medium and simmer for about 20 minutes, until cauliflower is fully cooked and tender.
5. When the soup has cooked, add some salt and pepper to taste then turn off the heat. Using a hand blender, puree the soup.
6. Turn on the heat to medium again. Add remaining beans and check the taste, adjust salt and pepper if more is needed. Stir a little and turn off the heat again. Let the soup rest, covered, for about 10 minutes before serving. Enjoy!