



### **Lemony Dill Cauliflower Soup**

- 1 large head cauliflower, cut in chunks
- 1 large onion, chopped
- 1 tablespoon olive oil
- 4-6 cloves garlic, minced
- 6 tablespoons Vegetarian Express Lemony Dill Zest  
(Can substitute fresh dill and lemon juice, to taste)
- 1 can (14 ounce) white beans, drained and rinsed
- 4 cups water or vegetable stock
- Sea salt to taste
- Optional: For Chicken Cauliflower Soup add diced FriChik, Fried Chik'n,  
Chik'n Bites, Diced Chik or Tender Bits

Directions: Sauté onion and garlic in olive oil. Combine all ingredients in large stock pot. Bring to a boil, then turn down to a simmer and cook 20 minutes or until cauliflower is tender. Blend with an immersion blender until creamy, leaving a few chunks of cauliflower.

*Submitted by N.S. of North Carolina*