

Roasted Brussel Sprouts and Cauliflower Soup

INGREDIENTS:

- Canola Cooking Spray
- 16 ounces cauliflower florets
- 16 ounces brussel sprouts, halved
- 2 tbsp olive oil
- 1/2 cup chopped shallots
- 3 1/2 cups sodium free vegetable broth
- 3/4 tsp kosher salt
- Black pepper, to taste

DIRECTIONS:

1. Preheat oven to 450F.
2. Line a large large baking sheet with foil and spray with oil. Place the cauliflower and the brussels cut side down on the baking sheet, drizzle with oil and roast on the bottom third of the oven 25 minutes, tossing half way until slightly browned.
3. Meanwhile, spray a pan with cooking spray over low heat and add shallots. Cook until translucent, about 5 minutes. Add the salt and broth and simmer 5 minutes. Shut the oven, reserve about 1 generous cup of the roasted vegetables and keep warm on the baking sheet.
4. Transfer the rest to the pot and simmer 2 minutes. Transfer in two batches to the blender and blend until smooth.
5. Serve in 4 bowls topped with the roasted vegetables and fresh black pepper, to taste. Serve immediately!