

## **Cauliflower, Sweet Potato and Kale Soup**

Serves 4

### **Ingredients:**

1 Head of Cauliflower, chopped  
1 Large Sweet potato, chopped  
1 Bunch of Kale, chopped  
1 Onion, chopped  
1 Teaspoon Rosemary  
1 32oz Vegetable Broth (homemade or clean- no citric acid, soy, MSG, Pacific Ok)  
Sea salt and black pepper to taste

### **Directions:**

Add the cauliflower, sweet potato, kale, onion, rosemary and vegetable broth to a large pot over high heat. Cover and allow the pot to come to a boil. Once the pot is boiling, turn down the heat and let it simmer for about 20 minutes until the vegetables are soft. Add sea salt and black pepper to taste.