



# Roasted Cauliflower & Oatmeal Soup with Turmeric



**SERVINGS**



**COOKING TIME**

4

45 to 50 mins

Roasted Cauliflower & Oatmeal Soup with Turmeric is a thick and creamy vegetarian soup option. With vibrant and warm flavors like ground turmeric, thyme, and fresh ginger, this heart healthy recipe is perfect for the cooler weather or year-round. In just 1 hour, create a flavorful oatmeal soup without any dairy ingredients.

## Ingredients

- 1 cup(s) [Quaker® Oats \(quick or old fashioned, uncooked\)](#), divided
- 4 cup(s) cauliflower florets
- 1 large onion, cut lengthwise into quarters
- 2 stalks celery, cut into approximately 1-inch pieces
- 1-1/2 teaspoon(s) ground turmeric
- 1-1/2 teaspoon(s) thyme leaves, crushed
- 1/2 teaspoon(s) salt (optional)
- 1 tablespoon(s) olive oil
- Freshly ground pepper
- 1 teaspoon(s) grated fresh ginger
- 4 cup(s) low-sodium vegetable broth

## Cooking Instructions

1. Preheat oven to 450°. Line 15 x 10 x 1-inch baking sheet with aluminum foil; spray lightly with cooking spray.
2. Place 1/2 cup oats in food processor or blender. Process until finely ground; remove from food processor.
3. Place cauliflower, onion and celery in large bowl. In small bowl, whisk together turmeric, thyme and salt, if desired. Stir in oil. Add to vegetables.

4. Toss until well coated with turmeric mixture. Place vegetables on baking sheet. Add freshly ground pepper, as desired.
5. Roast 15 minutes; stir and continue roasting 10 to 15 minutes or until vegetables are tender. Cool vegetables slightly. Place in food processor or blender. Add ginger and 1/2 cup broth. Process until pureed, adding additional broth if necessary.
6. Transfer pureed vegetables to large saucepan or Dutch oven. Add remaining broth. Stir in ground oats.
7. Bring to boil; reduce heat and simmer 15 minutes, stirring occasionally. Stir in remaining oats.
8. Continue cooking 3 to 5 minutes or until oats are softened, stirring frequently. Add water or additional broth, if desired for consistency.

***Cook Note:***

Please make sure when shopping for our gluten free recipes that all ingredients purchased are labeled as gluten free. 4 cups carrot pieces (about 2-inch pieces) can be substituted for cauliflower. Or 2 cups each cauliflower and carrots can be used. Dairy-free, gluten-free if made with Quaker Gluten Free Oats, nut-free, vegan, vegetarian