

## Cauliflower, Yam, and Thyme Soup



Serves 4

### Ingredients

- 1 head of cauliflower
- 2.5 cups of yams
- 3 cloves of garlic
- 2 tablespoons of olive oil
- 1 tablespoon of ghee or coconut oil
- 1 onion
- a handful of fresh thyme
- 3 cups of vegetable stock
- sea salt + black pepper

### Preparation

1. Preheat your oven to 350°F.
2. Cut up your cauliflower into florets and peel and cut the yams in half. Drizzle cauliflower and yams with olive oil or ghee and season with sea salt and pepper.
3. Place cauliflower yams, and garlic cloves in a large roasting dish and bake for around 30 minutes or until golden.
4. Heat your ghee or coconut oil in a pan over a medium heat. Sauté the onion until soft. Chop thyme finely.
5. Place the stock, roasted cauliflower, yams, garlic, and onion into your slow cooker and cook on high for 1 hour until cauliflower and yams are completely soft.
6. I don't have a hand blender, so I let the soup cool slightly then I put it in my blender and blitz until smooth and creamy.
7. Then its back in the slow cooker on high to heat. I like this slow way as I can get onto other things while the soup is heating. If you want to speed things up, use a hand held blender and blend then serve immediately. Season with salt and pepper, drizzle with olive oil and finely chopped fresh thyme. Serve with a crisp green salad or some gluten free toasted bread and butter.