

## Chicken, Cauliflower, and Mushroom Soup (Serves 4)

<http://www.wholelifeeating.com/2011/01/chicken-cauliflower-and-mushroom-soup/>

I am calling this soup, but each serving is a hearty meal in itself. I spent less than 30 minutes in the kitchen to prepare it, but my wife thought it tasted like something that had simmered on the stove top for hours. I plan to explore the world of soup much more often!

Prep and Cook Time: 25-30 minutes



### Ingredients:

- 1 pound of boneless, skinless chicken thighs
- 32-ounces of chicken broth (Imagine Organic includes no sugar, cane juice, or soy)
- 1 head of cauliflower
- 8 ounces of mushrooms
- Parsley flakes (or fresh if you like)
- Extra virgin olive oil
- Garlic powder
- Black pepper
- Turmeric
- Salt

My wife gave me a Vitamix blender for Christmas that I used to turn chunks of raw cauliflower into a purée in about one minute. That reduced my prep time by at least 10-15 minutes. If you don't have a powerful blender or food processor to purée raw cauliflower, you can still make this recipe, but here's what you must do. Cut your cauliflower into chunks and

steam it until soft (10 minutes or more). Then mash your cauliflower with a potato masher or a big serving fork. Mashed cauliflower would be lumpier than the output of a Vitamix blender, but it would still taste good.

### Directions:

Slice chicken and mushrooms into bite-sized pieces. Add two or three tablespoons of olive oil to a skillet over medium heat. Add chicken to skillet and season with salt, garlic powder, and black pepper to taste. Don't be shy with the spice. Spice is good. Brown the chicken for maybe 10 minutes, stirring occasionally.

Rinse cauliflower. Remove the leaves and cut the white "meat" of the cauliflower into chunks of about 1.5-2 inches square. Toss cauliflower into a Vitamix blender or food processor and pour in enough chicken broth to submerge the lower third or half of the cauliflower. Create a purée. Transfer purée to a pot over medium heat for cooking and add the rest of the chicken broth. Add sliced mushrooms. Add browned chicken and all the oil and chicken grease in the skillet. Add about one teaspoon of

turmeric, and more salt, garlic powder, and black pepper to taste. Cover and let cook for 10-15 minutes. Transfer to bowls and sprinkle surface with dried parsley flakes.

Notes: Turmeric adds a nice flavor, enhances the yellow color, and is reported to have great health benefits. You could purée the mushrooms and even the chicken, but I like having some chunks in my soup. I will probably try making this meal again with double the mushrooms as I think there was plenty of chicken to support more vegetables.

More about Vitamix:

I signed up as a Vitamix affiliate because it looks like a win-win deal. Vitamix sells buyers a blender at the same rate they always sell them, buyers get free standard shipping, and I get a sales commission. The only requirement is that buyers use my affiliate code (06-005864) when they make a purchase. Click this link if you want to go shopping:

<https://secure.vitamix.com/redirect.aspx?index.aspx?COUPON=06-005864>