

Roasted Cauliflower Soup with Balsamic-Glazed Shallots

Yield: 6 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/shallot-thanksgiving-recipe>

Ingredients:

- 1 handful Parmesan rinds
- 2 cloves garlic peeled
- 1 bay leaf
- 1 head cauliflower roughly chopped
- 4 yukon gold potatoes small, roughly chopped
- 1 yellow onion peeled and cut into eighths, quarter it then cut those in half
- 1/2 teaspoon dried rosemary
- 1/2 teaspoon salt
- 2 tablespoons olive oil or enough to lightly coat the vegetables
- 3 shallots medium, peeled and thinly sliced
- 1 tablespoon balsamic vinegar
- 1 teaspoon olive oil olive
- extra-virgin olive oil
- flaky sea salt
- black pepper

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 5 milligrams
4. Fat: 11 grams
5. Fiber: 7 grams
6. Protein: 11 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 510 milligrams
9. Sugar: 3 grams

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