

Golden Cauliflower and Mushroom Soup

With sausage, brown rice, and zucchini

May 2014 by Camine Pappas

Cook/prep time 1 hour

INGREDIENTS:

- ¾ lb quality, ground sausage
- 4 ½ C golden cauliflower, broken into flowerettes
- 1 small zucchini large dice
- ¾ C white onion large dice
- 4 C fat free chicken or veg stock
- 2 C baby bella mushrooms sliced thick
- 2 C water
- 1 C brown rice or brown rice medley
- 3 T olive oil
- 2 T butter
- 1 t dried oregano
- 1 t dried tarragon
- ¼ t dried fennel seeds
- 1 C shaved Parmesan cheese
- Salt and pepper



DIRECTIONS:

In a saucepan, melt butter and 1 T oil. Heat. Add rice and sauté it until it toasts and begins to brown, about 4 – 5 minutes. Set aside. In a large Dutch oven, brown the sausage, (note, you can do this vegetarian but you will have to substitute some of the flavor. I suggest a bit of apple cider vinegar, more herbs, perhaps rosemary) and then add the onion and cook until translucent. You may have to add a T of the olive oil depending upon how lean your sausage is. Then add the cauliflower, the herbs, salt and pepper. Let cook for a couple of minutes. Then add the stock, toasted rice from pan, water, salt and pepper. Let simmer for about 45 minutes or until rice is cooked. Add the chopped zucchini and let simmer for only a few minutes until it is cooked. Taste and add more salt if needed. Serve with lots of fresh, grated parmesan cheese on the top!

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