

# Mediterranean Cauliflower Mushroom Soup

*Publix Aprons*

## **Servings: 6**

*6 cloves fresh garlic,  
coarsely chopped  
1 tablespoon olive oil  
2 bags (10 ounce each)  
fresh cauliflower florets  
8 ounces sliced baby  
portobella mushrooms  
1 package (8 ounce)  
prediced yellow onions  
2 1/2 teaspoons paprika  
2 teaspoons ground cumin  
1/2 teaspoon ground  
turmeric (optional)  
1 teaspoon Kosher salt  
4 cups no-salt-added  
vegetable stock OR broth  
1 cup water  
1 package (12 ounce)  
organic Cream of  
Mushroom condensed soup  
1 package (0.75 ounce)  
fresh dill, finely chopped  
zest of one lemon  
juice of one lemon  
3/4 cup plain nonfat Greek  
yogurt*

Preheat a large stockpot on Medium-High for 2 to 3 minutes.

PLace the oil in the pot. Place the cauliflower in the pot. Cook for 6 to 8 minutes, stirring occasionally (or until browned and slightly tender). Remove one cup of the cauliflower and set aside..

Add the mushrooms, onions and garlic to the pot. Cook for 2 minutes, stirring occasionally. Stir in the paprika, cumin, turmeric and salt. Cook and stir for 1 minute or until fragrant. Reduce the heat to Medium-Low.

Stir in the stock, water and soup. Bring to a simmer. Cook for 5 to 6 minutes, stirring occasionally, or until the vegetables are very tender.

Zest the lemon (one teaspoon) and juice the lemon (two tablespoons).

Puree' the mixture with an immersion blender or food processor until the soup is the desired consistency.

In a bowl, combine the dill, lemon juice, lemon zest and yogurt.

Divide the soup into serving bowls. Top each bowl with even amounts of the yogurt sauce and the reserved cauliflower. Serve.

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Per Serving (excluding unknown items): 31 Calories; 3g Fat (68.5% calories from fat); 1g Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 319mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fat.

