

# Mediterranean Cauliflower-Mushroom Soup

*Publix Aprons*  
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*6 cloves garlic, coarsely  
chopped*  
*1 tablespoon olive oil*  
*2 bags (10 ounce ea) fresh  
cauliflower florets*  
*8 ounces sliced baby  
portabella 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*  
*1 cup water*  
*1 container (12 ounce)  
organic cream of mushroom  
soup*  
*1 package (0.75 ounce)  
fresh dill, finely chopped*  
*zest of one lemon*  
*3/4 cup plain nonfat Greek  
yogurt*

Preheat a large stockpot on medium-high for 2 to 3 minutes. Chop the garlic. Place oil in the pot. Add the cauliflower. 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 4 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.

Chop the dill. Zest the lemon (one teaspoon). Squeeze the lemon for the juice (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, zest and yogurt.

Divide the soup among serving bowls. Top each bowl with equal amounts of yogurt sauce and the reserved cauliflower.

Serve.

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Per Serving (excluding unknown items): 188 Calories; 15g Fat (67.8% calories from fat); 3g Protein; 13g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 1912mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 3 Fat.