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ROASTED CAULIFLOWER SOUP



by [Lisa Bryan](#)

 167 COMMENTS

UPDATED NOV 29, 2022

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[JUMP TO RECIPE](#)

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Roasted cauliflower soup is a blend of a few simple ingredients to create the perfect tasty, low-carb soup recipe. It's creamy, a bit garlicky, and has a slight nutty aroma. Garnish it with a few pieces of roasted cauliflower, almond slices and thyme for a stunning presentation.





Cauliflower, oh how versatile you are. You're my favorite for [freezing](#) and mixing into a [healthy smoothie](#), turning into [cauliflower rice](#), blending into a [hummus](#), making [mashed cauliflower](#), or simply [roa](#)

POPULAR RIGHT NOW

But today, I'll be transforming this ultra versatile vegetable into a delicious **blended soup!** Made from oven roasted cauliflowers plus a few other ingredients, this soup is simple in nature, but packed with fresh natural flavors.

CAULIFLOWER SOUP RECIPE VIDEO

Watch the video below for a quick step-by-step tutorial. This recipe comes together easily!



CAULIFLOWER SOUP INGREDIENTS

So what's in this roasted cauliflower soup? Let me tell you:

- **Cauliflower:** everyone's favorite blank canvas that's full of nutrients
- **Onion:** you can use white or yellow onions (just steer clear of red so you don't end up with a funky colored soup)
- **Garlic:** because garlic pairs perfectly with cauliflower and pumps up the flavor
- **Cumin and Coriander:** two delicious spices with earthy, savory notes
- **Vegetable Broth:** to make it creamy and smooth
- **Salt and Pepper:** to season it perfectly





TIPS ON BLENDING HOT SOUPS

When it comes to blending soups, there's the option of using an immersion blender or a countertop blender. While an immersion blender may seem easier to use, I find that using my **Vitamix** produces a more silky consistency and doesn't get too messy. Here's a few tips when using a blender.

- **Don't fill your blender past the maximum fill line.** Be aware that the volume of the soup will increase as you blend it. If the pitcher becomes overfilled, you might end up with soup all over the countertop, or you!
- **You can vent the lid to allow steam to escape.** If you haven't used it yet, many blender lids come with a come with a removable lid cap. This empty slot can be used to pop in your tamper, or in this case, for steam to escape. As hot liquids blend, steam builds pressure inside the pitcher. If you feel your container is getting too hot, you can allow some steam to escape. (This is also why using a Bullet is not suggested for blending hot soups as it doesn't have a removable center piece)
- **Try not to start-and-stop.** To save yourself from extra splatter, don't get into the habit of starting and stopping the blending process. When you first turn on the blender, there's minimal splatter. However, if you were to pause and then resume blending, the mixture will want to splash right up!





HOW TO MAKE ROASTED CAULIFLOWER SOUP

- 1. Prep the cauliflower.** Preheat your oven to 425 degrees Fahrenheit and place your sliced cauliflower florets onto a baking sheet. Drizzle avocado oil, along with cumin, coriander, salt and pepper. Mix thoroughly with your hands to make sure all the florets absorb the flavors.
- 2. Prep the onions.** Slice your onions in half, rub oil on the cut side, and place them flat down on the baking sheet alongside the cauliflowers.
- 3. Roast the cauliflower and onions.** Place the baking sheet into the oven for about 30-35 minutes, or until the edges of the cauliflower become a nice golden brown.
- 4. Transfer the ingredients into a blender.** Add the cauliflower, onions, garlic and vegetable broth. Make sure to remove the outer skin of the onions and garlic cloves.
- 5. Blend on high for one minute.** If you find that the soup is too thick, you can add more vegetable broth or water.
- 6. Garnish the soup** with leftover roasted florets, toasted almond slices, fresh thyme and serve!





OTHER WAYS TO GARNISH YOUR SOUP

I don't know about you, but I think creamy **puréed soups** always benefit from having a sprinkle of crunchy bits. This recipe is garnished with extra roasted cauliflower florets, toasted almonds, and thyme. But, here's a few other ways to spruce it up.

For those who like a more rich flavor profile, you can add **bits of baked bacon, grated cheese, and diced green onions**. Or if you're looking for a light, delicate taste, **you can add freshly chopped parsley, chives, and toasted hazelnuts**.

HOW TO STORE AND FREEZE CAULIFLOWE

Cauliflower soup is good **for up to 5 days in the refr** operly in a tightly sealed container. If you'd like to enjoy the soup for another week, you can also freeze it!

Either pour the soup into a freezer safe container, like **Weck Jars**, or into my

favorite silicone **Souper Cubes**. These large Souper Cubes hold one to two cups per slot and you just simply pop it out into bowl when ready to eat. How easy is that?

CAN'T GET ENOUGH OF CAULIFLOWER?

Here's a few other ways to enjoy this delicious ingredient. Because the more **cauliflower recipes**, the better, right?

- [Cauliflower Rice Tabbouleh](#)
- [Roasted Cauliflower Hummus](#)
- [Cauliflower Fried Rice](#)
- [Warm Cauliflower Salad With Prosciutto](#)



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**RECIPE
CARD**

ROASTED CAULIFLOWER SOUP

★★★★★ 4.88 FROM 70 VOTES

 **PREP:** 10 mins **COOK:** 35 mins **TOTAL:** 45 mins

 **SERVINGS:** 4 servings

 **AUTHOR:** [Lisa Bryan](#)

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DESCRIPTION

This **roasted cauliflower soup** is a blend of simple ingredients to create the perfect creamy purée. Just roast a few ingredients, then blend! Super easy!

VIDEO



INGREDIENTS

[US CUSTOMARY](#)

[METRIC](#)

1X

2X

3X

- 1 large head of cauliflower
- 1 white or yellow onion
- 3-4 garlic cloves, unpeeled
- 2 tablespoons **avocado oil**, or olive oil
- 1 teaspoons **cumin**
- 1/2 teaspoons coriander
- salt and pepper, to taste
- 4 cups **vegetable broth**, or more for a thinner consistency

GARNISH

- roasted cauliflower florets
- toasted almond slices
- thyme

INSTRUCTIONS

- 1 Preheat your oven to 425F (220C).
- 2 Use a large knife to cut the cauliflower head in half through the stem, then quarters. Remove the florets from the quarters by slicing out the stem at a diagonal. Cut any large florets into small pieces.
- 3 Add the cauliflower florets to a baking sheet. Drizzle with avocado oil or olive oil and add the cumin, coriander, salt and pepper.
- 4 Use your hands to mix everything together on the baking sheet.
- 5 Slice the onion in half, leaving on the outer skin ie cut side, then place the onion halves cut side down on the baking sheet.
- 6 Use a knife to slice one end off the unpeeled garlic cloves. This just

makes it easier to squish them out after they've baked. Lay them on a piece of aluminum foil, drizzle with a little oil and wrap them in the foil.

- 7 Place the baking sheet in the oven and roast for 30-35 minutes, or until the edges of the cauliflower florets start to turn golden.
- 8 Save a few of the prettiest florets for garnish. Then transfer the remaining cauliflower to a high-powered blender. Remove the outer skin of the onion and the garlic cloves and add to the blender as well.
- 9 Pour the vegetable broth into the blender. Blend on high for one minute. If you'd like a thinner consistency, just add more broth or water.
- 10 To serve, add the roasted cauliflower soup to a bowl and top a couple roasted cauliflower florets, toasted almond slices and fresh thyme.

NUTRITION

CALORIES: 126KCAL | **CARBOHYDRATES:** 14G | **PROTEIN:** 3G | **FAT:** 8G | **SATURATED FAT:** 1G | **SODIUM:** 985MG | **POTASSIUM:** 488MG | **FIBER:** 3G | **SUGAR:** 6G | **VITAMIN A:** 501IU | **VITAMIN C:** 72MG | **CALCIUM:** 47MG | **IRON:** 1MG



COURSE: soup



CUISINE: american



KEYWORD: cauliflower soup, cauliflower soup recipe, roasted cauliflower soup, roasted cauliflower soup recipe, vitamix soup

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ABOUT THE AUTHOR

LISA BRYAN

Lisa is a bestselling cookbook author, recipe developer, and YouTuber (with over 2.5 million subscribers) living in sunny Southern California. She started Downshiftology in 2014, and is passionate about making healthy food with fresh, simple and seasonal ingredients.

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★★★★★ 4.88 from 70 votes ([4 ratings without con](#))

LEAVE A COMMENT

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*Your email address will not be published. Required fields are marked **

RECIPE RATING**COMMENT *****NAME *****EMAIL *****POST COMMENT****167 COMMENTS****LIZ**[REPLY](#)**DECEMBER 31, 2024 AT 12:46 PM****AMAZING SOUP!!**

I'll be honest, I love cauliflower but I never cook with it. I was a bit scared to try this recipe. I decided to make it with substitutions, and it was absolutely delicious!! Best thanks to you!!



**DOWNSHIFTOLOGY**[REPLY](#)**JANUARY 2, 2025 AT 11:50 AM**

I'm so glad you ended up loving this cauliflower soup, Liz!

**KELLY**[REPLY](#)**DECEMBER 6, 2024 AT 12:02 PM**

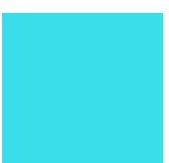
This Roasted Cauliflower Soup is so creamy and delicious, hard to believe there's no dairy. It is also very easy to make and a perfect winter's day lunch.

**DOWNSHIFTOLOGY**[REPLY](#)**DECEMBER 6, 2024 AT 5:08 PM**

Hi Kelly – I'm so glad you're loving this roasted cauliflower soup!

**SHARON**[REPLY](#)**NOVEMBER 3, 2024 AT 5:01 AM**

I absolutely loved this, very flavourful and filling. Roasting the ingredients prior to blending makes all the difference, so tasty



LISA BRYAN[REPLY](#)**NOVEMBER 3, 2024 AT 8:25 AM**

Thanks so much, Sharon! I'm happy you loved it!

BOBBIE[REPLY](#)**MAY 4, 2024 AT 2:58 PM**

hi how much is a serving for the macros listed? sorry if i am just not seeing it

JANE[REPLY](#)**NOVEMBER 24, 2023 AT 2:01 PM**

Love the sweetness from the roasted garlic! Also how easy it is to put together. Added pumpkin seeds on top for crunch — yum.

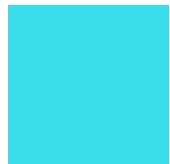
**LISA BRYAN**[REPLY](#)**NOVEMBER 26, 2023 AT 9:10 AM**

Love the addition of hte pumpkin seeds!

LP[REPLY](#)**OCTOBER 21, 2023 AT 4:01 PM**

I made this with “lazy” adjustments... a sprinkle of garlic. Roasted onion and frozen cauliflower in an air fryer (I pureed the cauliflower in the blender.. didn’t leave any for garnish). I used a vegetable bullion paste with water- about a teaspoon and a half to 2 cups water (I cut the

recipe in half) to give it a little less sodium and didn't add any salt, just pepper. I thought it was actually really good.. a great healthier substitute for a comfort meal of high sodium/fat/carbs potato soup. I added shredded cheddar and crackers to mine. Husband didn't like it, but I did.

**DOWNSHIFTOLOGY**[REPLY](#)**OCTOBER 23, 2023 AT 8:54 PM**

Glad you enjoyed this roasted cauliflower soup with those mini adjustments!

KIM[REPLY](#)**OCTOBER 8, 2023 AT 8:58 AM**

Does this freeze well?

LISA BRYAN[REPLY](#)**OCTOBER 10, 2023 AT 6:17 PM**

Yes, it sure does!

SUSAN[REPLY](#)**AUGUST 11, 2023 AT 1:42 PM**

Loved how easy this was to make! It might be my favorite soup ever! (We are huge soup fans.) Great flavor with the cumin and cilantro. I'm a fan of both!) This is going in my soup rotation. Thank you Lisa. I'm so glad I was introduced to your website and way of cooking!



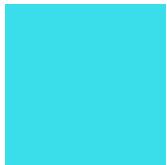


DOWNSHIFTOLOGY

[REPLY](#)

AUGUST 11, 2023 AT 4:54 PM

Glad you were introduced to Downshiftology as well and are loving this soup!



JANE THORPE

[REPLY](#)

AUGUST 6, 2023 AT 10:28 PM

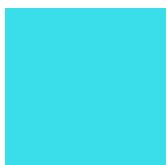
It's delicious and so healthy.

DOWNSHIFTOLOGY

[REPLY](#)

AUGUST 8, 2023 AT 5:35 PM

Glad you enjoyed this cauliflower soup, Jane!



SARAH

[REPLY](#)

JUNE 17, 2023 AT 11:58 PM

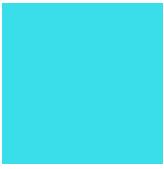
Just so delicious and so easy to make. I added everything to a large pot at the end and used a stick blender to purée and still came out so creamy. Had a serving for dinner and will freeze the rest.

REMA

[REPLY](#)

MAY 17, 2023 AT 6:18 PM

This soup was very good! I diced and roasted two russet potatoes and pureed them in with the rest of the soup.

**LISA BRYAN**[REPLY](#)**MAY 18, 2023 AT 7:37 AM**

Sounds like a great addition!

GEORGE ALFORD[REPLY](#)**APRIL 1, 2023 AT 1:12 PM**

Just curious, I can't find any instructions about heating the vegetable broth. Does it get heated?

DOWNSHIFTOLOGY[REPLY](#)**APRIL 3, 2023 AT 10:02 PM**

In step 9, you will add the vegetable broth to the blender. This will warm up with the cauliflower!

TAMEKA JARVIS[REPLY](#)**FEBRUARY 1, 2023 AT 8:54 AM**

This soup is delicious! Husband and toddlers approve
make and healthy! The spices really add beautiful not
an otherwise boring cauliflower taste. I will definitely be making this again.



DOWNSHIFTOLOGY

[REPLY](#)

JANUARY 2, 2023 AT 9:56 AM

Happy to hear the whole family enjoyed this soup Tameka!

GABRIELLE SIRCHIO

[REPLY](#)

JANUARY 11, 2023 AT 11:40 AM

Hi! Can I use the stems and leaves in the soup?

DOWNSHIFTOLOGY

[REPLY](#)

JANUARY 13, 2023 AT 3:23 PM

Sure, you can if you'd like!

ANN

[REPLY](#)

JANUARY 10, 2023 AT 5:45 AM

Wow. Delicious! I just made this soup. It's so quick and easy to make and the taste is absolutely wonderful. Thank you so much!



DOWNSHIFTOLOGY

[REPLY](#)

JANUARY 10, 2023 AT 3:29 PM

Glad you're loving this cauliflower soup Ann!

RICKY

[REPLY](#)

DECEMBER 6, 2022 AT 8:30 AM

Very simple and easy recipe to make during the week. The cauliflower head ratio to four cups of vegetable broth was a little thin in consistency, but I'm sure with another half of a head of cauliflower will thicken and be great. Tasty and look forward to the next batch :)

DOWNSHIFTOLOGY[REPLY](#)**DECEMBER 7, 2022 AT 11:18 AM**

Glad you enjoyed this cauliflower soup Ricky!

SAMANTHA[REPLY](#)**NOVEMBER 28, 2022 AT 4:52 AM**

Would this freeze well? I like to make larger quantities and then freeze my soup in mason jars.

Second question... can I use frozen cauliflower?

DOWNSHIFTOLOGY[REPLY](#)**NOVEMBER 29, 2022 AT 2:13 PM**

Yes, you can freeze this soup! And yes, frozen cauliflower should be okay as long as you thaw it before

ANNA[REPLY](#)**NOVEMBER 9, 2022 AT 6:51 AM**

I just made this. So simple, and so delicious! Thank yo

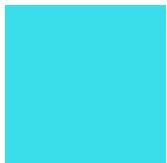


LISA BRYAN[REPLY](#)**NOVEMBER 12, 2022 AT 6:48 PM**

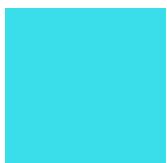
You're more than welcome Anna! So happy you loved it.

LISA[REPLY](#)**OCTOBER 10, 2022 AT 8:10 AM**

Delicious! I had leeks to use up so I substituted those for the onion. So quick and easy, great addition to my Sunday meal prep. Can't wait for lunch tomorrow!

**COLLEEN KENNEALY**[REPLY](#)**OCTOBER 9, 2022 AT 2:52 PM**

My old cauliflower soup recipe called for 1 CUP of cream!! With just a few spices and some garlic, Lisa's version is way more flavorful. The Vitamix makes it just as creamy, but without the calories or trip to the market for dairy cream. Thanks for another winner!

**BRENDA**[REPLY](#)**MAY 17, 2022 AT 6:56 AM**

Delicious! I usually make a recipe as directed first time but a had some green and red peppers they needed to used so I roasted them too (only 1/2 of each

were remaining). Note: they only need about 10 minutes to roast at 425. Mine had a bit of charr that I had to cut off. It added a nice bit of extra flavor to recipe.

**SANDRA FERREIRA**[REPLY](#)**APRIL 4, 2022 AT 10:12 PM**

This recipe was surprisingly DELICIOUS! I just bought a Vitamix and this was the first recipe I made with it. I loved the little bit of crunch with the sliced almonds on top. Great for an evening low carb dinner.

**KAREN SUMNER**[REPLY](#)**MARCH 25, 2022 AT 9:43 PM**

I read it. but I do not understand how many quantities need. if you reply to me

Prep the onions. Slice your onions in half, rub oil on the cut side, and place them flat down on the baking sheet alongside the cauliflowers.

Roast the cauliflower and onions. Place the baking sheet into the oven for about 30-35 minutes, or until the edges of the cauliflower become a nice golden brown.

Transfer the ingredients into a blender. Add the cauliflower, vegetable broth. Make sure to remove the outer skin and cloves.

Blend on high for one minute. If you find that the soup is too thick, you can add more vegetable broth or water.

Garnish the soup with leftover roasted florets, toasted almond slices, fresh thyme and serve!

DOWNSHIFTOLOGY[REPLY](#)**MARCH 28, 2022 AT 8:11 PM**

Hi Karen – you can always find the complete list of ingredients towards the bottom of the page in the recipe card!

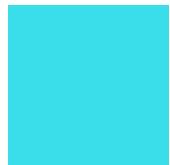
MONIQUE[REPLY](#)**FEBRUARY 2, 2022 AT 8:23 PM**

Hi from New Zealand 😊

I have made this Cauliflower Soup and its delicious.

Its not my favourite vege (sorry Cauli) but the baked florets with the Cumin and Coriander were incredibly tasty 😍

Definitely will make again.

**VICKY**[REPLY](#)**JANUARY 12, 2022 AT 10:26 AM**

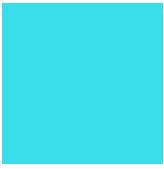
This soup surprisingly has good flavor. I added a can of drained white beans for a creamier texture.

I have made it twice now and it will be on my soup ro-

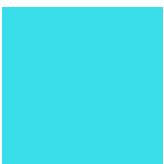


LAURIE WILMOT[REPLY](#)**DECEMBER 14, 2021 AT 8:36 AM**

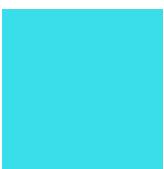
Can I give it 10 stars. Wow. Just Wow.

**KATH**[REPLY](#)**OCTOBER 2, 2021 AT 7:59 PM**

This was so delicious and satisfying. One small thing: I transferred the blended soup to a soup pan to heat it up since my broth was room temperature when added to the Vitamix. Should the recipe mention heating the broth first or warming the soup after blending before serving? I love the toasted almonds sprinkled on the soup. Roasting the cauliflower, onion, and garlic first added such a richness. Yum!

**COURTNEY ANGELO**[REPLY](#)**SEPTEMBER 3, 2021 AT 2:35 PM**

I've made this recipe several times because it a quick and delicious soup. I really enjoy the recipe as written, but I added some of Lisa's vegan Alfredo sauce recently because I had extra on hand. Adding it up a rich, nutty flavor, and it was delicious! I recommend



DOWNSHIFTOLOGY[REPLY](#)**SEPTEMBER 3, 2021 AT 5:21 PM**

What a great idea Courtney! I'm sure that added tons of flavor to this soup :)

VICTORIA[REPLY](#)**MARCH 14, 2024 AT 10:06 PM**

This sounds amazing. Do you think I could add a can of coconut milk?

DOWNSHIFTOLOGY**MARCH 19, 2024 AT 9:32 AM**

Hi Victoria – You can if you'd like!

CAROL[REPLY](#)**AUGUST 11, 2021 AT 6:54 PM**

It's Aug.... too hot to turn the oven on! I nuke chopped up cauliflower, & while it's cooking, I saute onion, garlic & mushroom slices in olive oil. When they're done, all of that goes into a big soup pot with a can of white beans (save the bean liquid, aqua faba, for some other use), If you want a cheesy flavor, add nutritional yeast. Either blend/puree in Vitamix, or use immersion blender. Enjoy.

CAROL[REPLY](#)**AUGUST 11, 2021 AT 6:55 PM**

OOPS..... I forgot to say to add veggie broth to pot w/... ~~the rest of the cauliflower~~ before blending!

LAURA[REPLY](#)**JUNE 28, 2021 AT 8:34 AM**

Hi...looks yummy! Was wondering what brand of veggie broth are you using please?

I work a lot & don't have time to make it homemade.

Ty :)

DOWNSHIFTOLOGY[REPLY](#)**JUNE 28, 2021 AT 11:24 AM**

I normally will buy the brand Pacific Foods!

JACKIE MCALLISTER[REPLY](#)**JUNE 27, 2021 AT 5:58 AM**

I made this today and used all ingredients except the onion. To save time, I roasted the cauliflower and garlic in my air fryer at 390 for 12 minutes.. It was tasty and delicious.

**LUCIE**[REPLY](#)**MAY 31, 2021 AT 7:19 PM**

I just tried this recipe, I made it exactly as per instruct
made vegetable stock so it came out a little darker in
so simple to make and really full of flavour. 10 out of 1

ome
nis is



DOWNSHIFTOLOGY[REPLY](#)**JUNE 1, 2021 AT 2:40 PM**

Nice! Happy to hear this roasted cauliflower soup turned out perfectly
Lucie :)

AFRA[REPLY](#)**MAY 11, 2021 AT 11:11 AM**

Lovely! So simple sooo tasty. I added some white beans for smoothness. Love how easy it is and how much depth roasting the ingredients adds

**DOWNSHIFTOLOGY**[REPLY](#)**MAY 11, 2021 AT 11:16 AM**

Love the addition of white beans in This afra :)

MORGHANH[REPLY](#)**APRIL 27, 2021 AT 4:10 PM**

Hi Lisa, love all your recipes and tips! Was wondering (as I'm trying to get my protein in), have you ever added silken tofu to any of the soup recipes to make them creamy and protein packed? Wondering if it changes it too thick, or tastes bad...

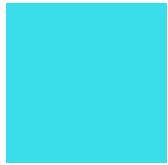
DOWNSHIFTOLOGY[REPLY](#)**APRIL 28, 2021 AT 10:44 AM**

Hi Morgan – I have not yet, as many of my followers can't consume soy.

But I will definitely take that into consideration for future recipes!

KYLEA-ROSE PEARSE[REPLY](#)**MARCH 11, 2021 AT 8:37 PM**

This is yet another fabulous recipe! Thank you! Unfortunately I only had beef broth on hand so used that. It worked out very well. I replaced the herbs in this recipe with fresh thyme as I do not like the others – personal preference. The thyme was REALLY good.

**DOWNSHIFTOLOGY**[REPLY](#)**MARCH 12, 2021 AT 10:36 AM**

Glad this recipe was a success, even with our beef broth!

SOSA[REPLY](#)**MARCH 9, 2021 AT 1:03 AM**

Is the whole dish 126kca or is it 126 per serving?

DOWNSHIFTOLOGY[REPLY](#)**MARCH 9, 2021 AT 10:50 AM**

Hi Sosa – the nutritional information will always be |

LO[REPLY](#)**MARCH 7, 2021 AT 7:06 PM**

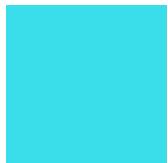
Hello, for the nutrition values shared, what's the serving size? Thanks!

DOWNSHIFTOLOGY[REPLY](#)**MARCH 8, 2021 AT 11:18 AM**

Each serving size is about 1- 1 1/2 cups.

DEBB[REPLY](#)**MARCH 7, 2021 AT 2:48 PM**

Wow, just made this and it is awesome! I didn't have any coriander (shame on me..) so I used a half tsp of curry powder and the flavor is wonderful. I'm enjoying trying out my new Vitamix with your recipes.

**DOWNSHIFTOLOGY**[REPLY](#)**MARCH 8, 2021 AT 11:17 AM**

Congrats on your new Vitamix Deb! Glad you enjoyed this soup recipe :)

OLDER COMMENTS

AS SEEN IN

DNWSHIFT0LOGY

Hello and welcome to Downshiftology! I'm Lisa, a real food lover, meal prep fanatic, massive wanderluster and YouTuber. I'm also a big advocate of self-care and taking life "down a notch" – while chasing adventures half-way across the globe! Because it's all about balance.



INFORMATION

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