

# Creamy cauliflower soup



For 3-4 servings:

450 g cauliflower, cut into pieces

1 large potato, cubed

1 onion, chopped

fresh parsley, finely chopped

olive oil, for garnish (optional)

salt and pepper, to taste

Cook the cauliflower, onion and potato in 1 l water. When the vegetables are cooked blend until smooth.

Add salt and pepper to taste. Garnish with fresh parsley and a little bit olive oil.

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## Cauliflower in tomato sauce



Cauliflower in tomato sauce

For 3-4 servings:

1 cauliflower

1 onion, finely chopped

1/2 kg tomatoes, chopped or 1 can of chopped tomatoes or 2-3  
tablespoons tomato paste

1 tablespoon oil

parsley, finely chopped

salt and pepper, to taste

Wash the cauliflower and cut it into florets.

Heat the oil in a large pan and add the onion. Fry for 3-4  
minutes, stirring occasionally.

Add the cauliflower florets and a cup of water. Cover and  
simmer, on medium heat, for about 7-10 minutes.

Add the tomatoes (or the canned tomatoes or the tomato paste  
dissolved in a cup of water). Continue cooking on medium heat  
until cauliflower is done. Stir occasionally, taking care not  
to crush the cauliflower.

Finally add salt and pepper and garnish with parsley.

*Variation:* Together with the cauliflower you can add 3-4  
potatoes, cut into pieces

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# Cauliflower with bechamel sauce



Cauliflower with bechamel sauce

1 cauliflower  
oil to grease the oven tray  
2 tablespoons breadcrumbs

## **For the bechamel sauce:**

500 ml unsweetened soy milk  
5 tablespoons flour  
5 tablespoons oil  
2 tablespoons nutritional yeast  
salt, pepper

Cut the cauliflower into florets, wash and cook in water with a little bit of salt. Drain.

Heat the oil in a saucepan, add the flour and fry for 1-2 minutes, stirring continuously. Add the soy milk (at the room temperature or slightly warmed ), little by little, stirring continuu (to prevent lumps forming). Cook the sauce 2-3

minutes, turn the heat off, add the nutritional yeast, salt and pepper to taste. The sauce should not be too thin nor too thick.

Grease an oven tray with oil and coat it with breadcrumbs. Place the cauliflower florets and pour the sauce over, also between the cauliflower florets.

Bake in the oven until light brown (15-20 minutes).

*Variation:* Instead of cauliflower you can use potatoes.



Cauliflower with bechamel  
sauce

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## Cauliflower Salad



## Cauliflower salad

1 medium cauliflower  
2 garlic cloves, mashed  
4-5 tablespoons vegan mayonnaise (see the recipe [here](#))  
fresh parsley, finely chopped, to garnish  
salt and pepper, to taste

Cut the cauliflower into florets, wash and cook them in water with a little bit of salt. Drain and allow to cool.

Mash it using a blender/food processor (or a fork). Add the vegan mayonnaise, garlic, salt and pepper and mix it well.

Garnish with finely cut fresh parsley .



Cauliflower salad