Creamy Veggie Soup

Servings: 6-8

Ingredients:

- 1 head cauliflower, sliced into florets
- 2 medium zucchini, sliced in rounds
- 4-6 stalks celery, sliced in 1" pieces
- 1 onion, sliced
- 3 cloves garlic minced
- 4 c chicken stock
- 1 c heavy cream
- 4 tbsp avocado oil
- water, as needed
- salt and pepper, to taste

Directions:

1. In a pot over medium heat, add the oil, onion, celery, and a pinch of salt and cook until softened.
2. Add the zucchini slices and garlic and cook until slightly browned, then add in the cauliflower.
3. Add the chicken broth and enough water to cover, bring to a boil, then simmer until the zucchini and cauliflower are fork tender.
4. Remove from heat, transfer into a blender (or use an immersion blender), and blend until smooth. Stir in the heavy cream, add salt and pepper to taste, and serve.

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