

## Sweet Potato Cauliflower Soup

### INGREDIENTS

- 1 large white sweet potato, chopped
- 1 head of cauliflower, chopped
- 1 leek, stem chopped
- 1 large parsnip, chopped
- 3 Tablespoons ghee
- 1 TSP Himalayan Sea Salt
- 1/2 TSP Black Pepper
- 6 Cups Beef Bone Broth
- Parsley

1. Heat ghee in dutch oven. Once melted, add veggies and seasoning, mix well.
2. Saute until veggies begin to sweat, about 2-3 minutes, stirring occasionally.
3. Add bone broth (should be about 2 inches from top of dutch oven) and bring to a boil. Once boiling, reduce to a simmer and cover. Cook for about 20 minutes until veggies soften, stirring occasionally.
4. Once veggies soften, allow to cool and blend with an immersion blender (or in a Vitamix) until smooth and creamy.
5. Garnish with parsley, black pepper, and a drizzle of avocado oil.