

Cauliflower Gravy

This gravy is a welcome addition to any meal. While it qualifies as a vegetable side dish and its full of healing bone broth all its own, I just had to include it in your recipes.

Cauliflower Gravy

Prep Time	Cook Time	Yield
5-10 Minutes	20 Minutes	3 Cups
Amount	Ingredient	
1/2	Head	Cauliflower
1 1/2	cup	Bone Broth
1	clove	garlic
		Salt to taste

Variations:

Cream of Cauliflower Soup. Thin the gravy with 1/2-1 cup additional broth or coconut milk. Add 3 Tbls. chopped fresh parsley, chives, or a mix of tarragon and thyme. Enjoy warm or as a chilled soup with a dollop of coconut milk yogurt.

Instructions

1. Place the cauliflower in a saucepan with the broth and garlic. Bring to a boil, then reduce the heat to maintain a simmer. Simmer for 15-20 minutes, until the cauliflower is overcooked.
2. Pour the mixture into a high-speed blender. Blend for 1 minute, until completely smooth. Taste and season with salt if desired. If too thick, thin with additional broth or water.