

Easy Creamy Cauliflower & Potato Soup Soothes Your Soul...and Your Nerves

There's nothing quite like a bowl of warm creamy soup when you are feeling the need for soothing comfort food. This rich and smooth puree of cauliflower, potatoes, and garlic is rich in texture and taste, but without a lot of fat, and no dairy. Not only will this simple soup soothe your soul, but its a bowl full of antioxidants that'll work to soothe your inflamed nerves as well.

Cauliflower contains a host of powerful nutrients to nourish your body. But the highlight that puts it on our list of nerve healing nutrients is its [abundance of phytochemicals](#). These components protect your nerve cells from the oxidative stress and damage that is caused by free radicals. And that's just the beginning of the cauliflower story.

Easy Creamy Cauliflower & Potato Soup

Ingredients

2 heads cauliflower, 2-3 pounds in total
2 potatoes, medium, peeled, 1-inch chunks
4 garlic cloves, peeled
 $\frac{1}{4}$ cup olive oil
4 cups chicken broth, organic, free-range preferred
3 cups water
Salt & freshly ground pepper

When served, add:

fresh cut herbs, such as thyme, parsley, or chives, if desired

Directions

1. Combine all ingredients, except cheese, in a slow cooker.
2. Cover and cook on low 5 to 6 hours, until vegetables are very tender.
3. Pour into a blender and puree until smooth.
4. Season to taste with salt & pepper and fresh herbs, if desired.

6 Facts About Colorful Cauliflower You Might Want to Know



Cauliflower melds into the crowd. It doesn't have a striking color or the popularity of broccoli. However, once you get to know cauliflower a little better, you'll soon discover its true value. Check out these six surprising facts about cauliflower.

1. Cauliflower is the New Kale

Cauliflower is a cruciferous vegetable that belongs to the Brassicaceae family, which includes broccoli, kale, and cabbage. So while kale has been taking all of the attention, its time to give cauliflower some stage time.

2. Cauliflower is Rich with Surprising Nutrients

We usually relate the vibrant colors in vegetables to their nutrient density. But check out the profile of this lesser-celebrated beauty. Cauliflower is a rich source of:

- vitamin C
- folate
- vitamin K
- B-complex vitamins
- vitamin E
- minerals such as calcium, magnesium, phosphorous, potassium, zinc, and iron
- protein
- phytochemicals
- unsaturated fats
- [essential omega-3 fatty acids](#)
- dietary fiber

3. Did You Know Your Eating Flowers?

3. Cauliflower gets its name from the Latin word 'caulis' which means cabbage with a flower. Pretty straightforward since florets on the head of cauliflower are actually tightly clustered immature flower buds.

4. Cauliflower Are Shaded From Sun to Stay White

To protect the flavor and softness of the cauliflower heads, they are kept away from sunlight to prevent the development of chlorophyll pigment and over-maturity.

5. There are 100+ Cauliflower Varieties

There are more than a hundred varieties grown around the world. In addition to white, it also comes in several other colors.

- Green: Green cauliflower is usually called broccoflower. It can be found in a normal floret form, as well as in a spiky one called Romanesco broccoli.
- Purple: Anthocyanin antioxidants give purple cauliflower its color.
- Orange: Orange cauliflower is highly nutritious with a high amount of vitamin A, as compared to the white variety.

6. Cauliflower Originated in Ancient Asia

The origin of cauliflower is considered to be ancient Asia, but it got recognition around the mid-16th century in France and Northern Europe. Today, the United States, China, Italy, and India are the top growers.

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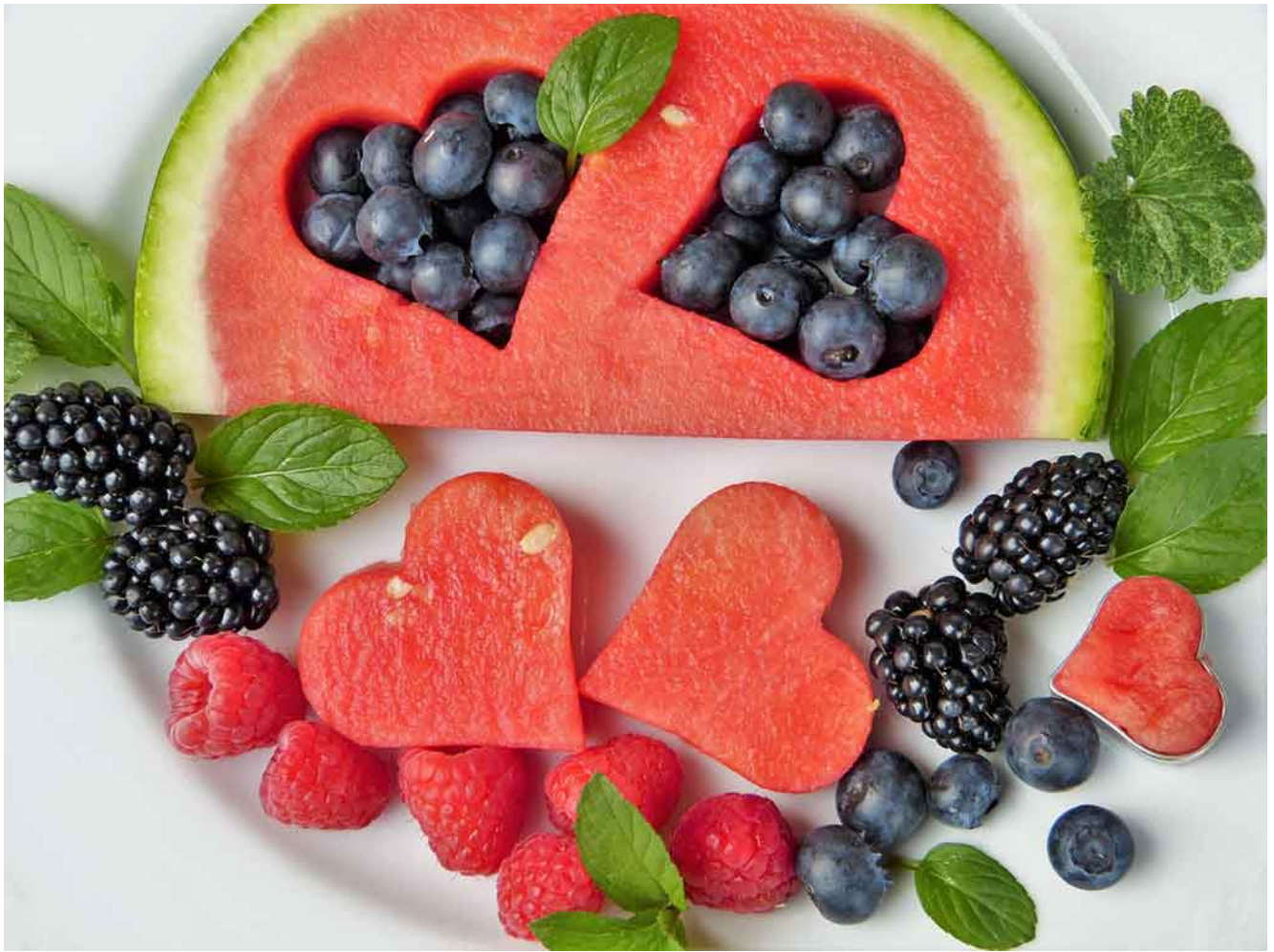
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