



ROCKY BLEIER '68

# Cauliflower Soup

*Vietnam Veteran, National Champion, and 4-time Super Bowl Champion, Rocky Bleier is a true Notre Dame legend!*

## Ingredients

- 1 head of cauliflower, broken into florets
- 1 onion, chopped
- 1 clove garlic, chopped
- 4 cups chicken stock
- olive oil
- salt
- red pepper flakes

## Utensils

- Large pot
- Baking sheet

## Instructions

- Preheat oven to 425 degrees.
- Place florets on baking sheet. Toss with olive oil and salt, add red pepper flakes to taste.
- Roast at 425-450 for about 15 minutes until browned and tender.
- Meanwhile, saute onion in a pot with olive oil until they are soft and lightly browned. When just about done, add garlic for about 1 minute.
- When cauliflower is done add to pot with onion and garlic. Add stock and bring to a boil. Turn heat down and continue cooking until cauliflower is soft and easily pierces with a fork.
- Let cool and blend in small batches! Add salt to taste.