KITCHEN MONK - WATCH & COOK - COOK-ALONG KIT

Creamy Cauliflower Soup

Recipe and video by Jill Dalton, The Whole Food Plant Based Cooking Show

Scan to watch the video
https://www.youtube.com/watch?v=WT1ealaZVjg

Scan for the written recipe
plantbasedcookingshow.com (full ingredients, amounts, and a print button)

Please note: the video shows the creator's original recipe. The SOS-free suggestions in this kit were written by Kitchen Monk, not by the creator, and have not been kitchen-tested.

Step 1: Get the full shopping list

• Scan the recipe code above, or open the written recipe on the Watch & Cook page. The creator's page lists every ingredient and amount and has its own print option.

Step 2: Kitchen Monk SOS-free shopping add-ons

[ ] Water, or homemade salt-free vegetable broth, to use instead of store-bought broth
[ ] 2 lemons, to brighten the soup if you skip the miso
[ ] Black pepper and your favorite salt-free herbs
[ ] Spices: check every label for added salt or sugar
[ ] Raw, unsalted cashews (or cooked white beans for a nut-free version; untested)

Step 3: Equipment

[ ] Large pot with a lid
[ ] Knife and cutting board
[ ] Blender or immersion (stick) blender
[ ] Ladle and containers for leftovers

Our suggested SOS-free changes (not tested)

• Broth: use water or homemade salt-free broth; even low-sodium broth has added salt.
• Miso: leave it out for strict SOS-free and finish with lemon and pepper. Keeping a little miso is fine as a step along the way, but that version is not strictly SOS-free.
• Allergy: cashews are a tree nut.

Storage and food safety

• Refrigerate leftovers within 2 hours.
• Eat refrigerated leftovers within 3 to 4 days, or freeze in portions.
• Reheat until steaming hot (165 F).

My notes

Free from Kitchen Monk (kitchenmonk.org). Educational, not medical advice; if you take medicines for blood sugar or blood pressure, have kidney disease, or have food allergies, check with your care team. The video and written recipe belong to their creator; this kit links to them and does not reproduce them. Listing does not mean the creator has reviewed or endorsed Kitchen Monk. Questions or corrections: rfjeep@gmail.com. Prepared October 4, 2026.