Cauliflower Carrot Herb Mash (Whole 30)

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1 head of cauliflower, washed, and cut into florets

3 to 4 small to medium carrots, peeled and chopped

1 sweet onion, chopped

2 cloves garlic, minced

1 tablespoon fresh rosemary, minced

1 tablespoon fresh thyme, minced

2 tablespoons olive oil

salt and pepper to taste
Place cauliflower and carrots in a steamer basket in a large soup pot, season with salt and pepper, and steam until soft (about 10 to 12 minutes, test with fork).

Heat 1 tablespoon olive oil in non-stick skillet on medium heat.

Saute onion, garlic, and herbs until onion is translucent. Season with salt and pepper to taste. Set aside.

Place steamed cauliflower and carrots into a food processor. Add the sauteed onion, garlic, herbs, and 1 tablespoon olive oil. Process until smooth. Season with more salt and pepper if needed.

Garnish with additional fresh thyme or rosemary and serve.