

SPICED CAULIFLOWER SOUP

Prep time: 15 min | Cook time: 30 min



INGREDIENTS

- 1 tbs olive or coconut oil
- 1 onion, diced
- 2 garlic cloves, minced
- 1 tsp cumin
- 1 tsp turmeric
- 1 tsp coriander
- 1/2 tsp ginger
- 1 potato, diced
- 1 head cauliflower, chopped
- 1 carrot, diced
- 3 cups vegetable broth
- salt and pepper to taste

optional: chopped green onion for garnish

PROCEDURE

- 01** Heat a pot over medium high heat. Once hot, add the oil, onion, and garlic. Cook for 3 minutes.
- 02** Add the spices and cook for 1 minute, or until fragrant.
- 03** Add the cauliflower, potato, carrot & vegetable broth and bring to a boil. Once boiling, lower the heat to a simmer and cook for 20-25 minutes.
- 04** Remove half of the soup and use a blender to blend until smooth. Return to the pot and stir to combine.
- 05** Top with green onion and enjoy!