

Creamy Curry Cauliflower Soup

Cooking Instructions

1. Heat olive oil over medium heat in a soup pot and chop onion into small pieces. Add to pan and saute.
2. Chop carrots and celery and add to onion mixture. Saute 3-4 minutes. Add minced garlic and ginger. Add curry powder, cayenne pepper, salt, and pepper. Mix stirring 2-3 minutes.
3. Add vegetable broth, chopped cauliflower, and red lentils. Simmer 15 minutes, stirring occasionally.
4. Add coconut milk and use an immersion blender to blend soup, or transfer to a blender in small batches. Garnish with cilantro and lime!

Recipe

- 1 tablespoon olive oil
- 2 gloves of garlic chopped
- 1 teaspoon minced ginger
- 1 white or yellow onion
- 2 stalks of celery chopped
- 2 carrots
- 1 head of cauliflower
- ½ cup uncooked red lentils
- ½ coconut milk
- 4 cups vegetable broth
- 3 teaspoons curry powder
- 1 pinch cayenne pepper
- Salt and pepper
- Optional toppings: cilantro and lime, chopped nuts

Grocery List (add optional toppings to list as desired)

Produce

- Garlic bulb
- Ginger
- 1 onion
- Celery
- 2 carrots
- 1 head of cauliflower

Pantry Items

- Olive oil
- Salt/pepper
- Curry powder
- Cayenne pepper
- Vegetable broth

Other Items

- 1/2 cup red lentils
- ¼ cup coconut milk