



Creamy Spiced Cauliflower Soup

By Kathleen Henry @ Produce On Parade

Serves 6

Luxurious and silky, this coconut-creamed cauliflower soup is infused with aromatic spices like cardamom, cumin, coriander, and turmeric. So good, it's the only cauliflower soup you'll ever want to make.

Notes: I like to freeze unused canned coconut milk to use later. In fact for this recipe, I used frozen milk that I thawed. Or, place in the fridge and use over oatmeal or in smoothies. Be careful, turmeric stains everything.

Ingredients

- 1 Tbsp. olive or coconut oil
- 2 medium yellow onions, diced
- 1 bay leaf
- 1 ¼ tsp. ground cumin
- 1 tsp. kosher salt
- 1 tsp. ground turmeric
- ½ tsp. ground coriander
- ⅛ tsp. ground cardamom
- dash of ground black pepper
- sprinkling of crushed red pepper flakes
- 4 garlic cloves, minced
- 4 ½ cups vegetable broth
- 1 large head of cauliflower, evenly roughly chopped bite size
- 1 cup canned, full-fat coconut milk
- 1 Tbsp. apple cider vinegar
- Dash of fresh dill (for garnish - optional)

Instructions

1. In a large soup pot, heat the oil over medium-low. Saute the onions through the pepper flakes, stirring occasionally, until the onions become translucent; about 7-10 minutes. Then, add the garlic and saute another few minutes.
2. Add the broth and cauliflower and bring to a boil over high heat. Reduce to a simmer and allow to cook for about 15 minutes, until the cauliflower is tender. Remove from heat and transfer carefully

to a blender (or use hand blender in pot). Blend on high (allowing steam to vent) for a few minutes, until silky and smooth.

3. Transfer back to the soup pot and stir in the coconut milk and vinegar. Bring back to heat over low, ensuring it doesn't boil.
4. Remove from heat and serve hot and topped with fresh dill and ground black pepper, if you like.