

Spiced Carrot Cauliflower Soup

CATHERINE MCCORD WEELICIOUS FEBRUARY 2015

Ingredients

- 1 tablespoon olive oil
- 1 small onion, chopped
- 5 cups warm water
- 2 tablespoons vegetable bouillon, i like to use organic better than bouillon instead of the cubes
- 1 head cauliflower, chopped (about 4 cups)
- 1 Leek
- Celery
- 3 cups peeled and chopped carrots (about 8 medium carrots)
- 1 1/2 teaspoons curry powder
- 1 teaspoon ground cinnamon
- 1 teaspoon garam masala
- 1 teaspoon salt

Preparation

1. Heat the oil in a large saucepan over medium heat and cook the onions, celery and leek for 3 minutes, or until soft.
2. Add half of the cauliflower
3. Dissolve the vegetable bouillon in the water and add to the pot.
4. Add the remaining ingredients to the pot and stir to combine.
5. Bring to a boil, cover, and reduce heat to simmer for 15-20 minutes, or until the vegetables are fork tender.
6. Using an immersion blender or standing blender, puree all of the ingredients until smooth.
7. Pulverize the remaining cauliflower and add the remaining cauliflower.