New Mexico
Health Coach

Spicy Cauliflower Soup

¼ cup coconut or olive oil 1 organic onion, peeled and diced
1 organic carrot, peeled and diced
1 teaspoon coriander seeds, crushed
1 teaspoon cumin seeds, crushed
1 teaspoon chile powder
¼ teaspoon ground turmeric
¼ teaspoon dried chile flakes
1 teaspoon salt
½ teaspoon fresh-ground black pepper
6 cilantro sprigs, coarsely chopped (optional)
1 large head of cauliflower, trimmed of green leaves and coarsely chopped (about 6 cups)
3 cups organic chicken or vegetable broth
3 cups water

Heat the oil in a heavy-bottomed soup pot. Add the onion, carrot, coriander seeds, cumin seeds, chile powder, turmeric, chile flakes, salt, and pepper and cook, stirring often, over medium heat. When very soft but not browned, add the cilantro sprigs, cauliflower, chicken broth, and water. Raise the heat and bring to a boil, stirring occasionally. Reduce the heat to a simmer and cook until the cauliflower is very tender, about 30 minutes. Add to blender to coarsely purée the soup. You may need to add more broth or water to thin the soup if it is too thick.
Taste adjust the seasoning if necessary and serve hot. Garnish each serving with yogurt (I choose coconut cream), cilantro or mint, and a squeeze of lime juice. Enjoy!