

## Golden Cauliflower Soup

This creamy, comforting soup is made with simple and versatile plant-based ingredients. For a richer flavor and texture, opt for the cashews and coconut milk combination. For a lighter soup with a little extra protein and fiber, omit the coconut milk and swap the cashews for white beans. Either way, it will be satisfying and delicious!

**Prep time:** 10 minutes    **Cook time:** 20 minutes    **Total time:** 30 minutes

**Serves** 6

### Ingredients

- 2 tablespoons avocado oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 head of cauliflower, chopped into florets (approximately 5 cups)
- 1 cup raw cashews (or sub white beans)
- 1 tablespoon curry powder or curry paste
- 1 quart low sodium vegetable or chicken broth
- 1 can full fat coconut milk (or sub 2 cups water)
- 2 teaspoon salt

### Preparation

1. Heat oil over medium heat in a large soup pot. Add the onion and sauté for 3-4 minutes until softened and translucent. Add the garlic and sauté for another minute. Add cauliflower florets and curry powder or paste and sauté for 8-10 more minutes until fragrant. Deglaze the pan as needed with a few tablespoons of water or broth.
2. Add the broth, water, and salt and bring to a boil. Lower heat and simmer for 10 minutes to allow flavors to develop.
3. Use an immersion blender to carefully puree the soup into a creamy consistency. Or very carefully transfer the soup to a blender in small batches and puree until smooth and creamy.
4. Check consistency of soup and add additional water, if needed. Add lemon juice and taste and adjust seasonings, salt, and pepper.
5. Serve and enjoy!
6. Store leftovers in the refrigerator for 5-7 days or transfer to a freezer-proof container leaving an inch or so to allow for soup to expand while freezing.

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