

# Curried Cauliflower Soup

Adapted from [TheKitchn.com](http://TheKitchn.com)



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE

## Ingredients

- 2 tablespoons extra virgin olive oil, plus more to serve
- 2 medium white onions, thinly sliced
- 1/2 teaspoon kosher salt, plus more to season
- 4 cloves garlic, minced
- 1 large head of cauliflower (about 2 pounds), trimmed and cut into florets
- 4 1/2 cups low-sodium vegetable broth (or water)
- 1/2 teaspoon coriander
- 1/2 teaspoon turmeric
- 1 1/4 teaspoon cumin
- 1 cup light coconut milk
- Freshly-ground black pepper, to season

## Directions

1. Heat oil in a large pot over medium heat until shimmering.
2. Cook the onions and 1/4 teaspoon salt until onions are soft and translucent, 8-9 minutes. Reduce heat to low, add garlic and cook for 2 additional minutes.
3. Add cauliflower, vegetable broth, coriander, turmeric, cumin, and remaining 1/4 teaspoon salt. Bring pot to a boil over medium-high heat, then reduce the heat to low. Simmer until cauliflower is fork-tender, about 15-17 minutes
4. Working in batches, purée the soup in a blender until smooth, and then return the soup to the soup pot. (Alternatively, use an immersion blender to purée the soup right in the pot.)
5. Stir in the coconut milk and warm the soup. Taste and add more salt, pepper or spices if you'd like.

Recipe Cooking Well Berkeley: Fall Vegetables Made Easy, Fall 2013