Curry Cauliflower Soup

Makes 6 servings (about 2 cups per serving)

Adapted from *The Cancer-Fighting Kitchen*, by Rebecca Katz

1 head cauliflower, cut into florets
3 tablespoons olive oil
Sea salt
1 cup diced yellow onion
2 cups peeled and diced carrots
1 cup diced celery
1 teaspoon curry powder
¼ teaspoon ground cumin
¼ teaspoon ground coriander
⅛–¼ teaspoon cinnamon, depending on
    your preference
6 cups vegetable broth, low sodium, homemade
    or store-bought
2 limes, fresh cilantro and/or plain yogurt for topping

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Directions

Preheat oven to 400°F. Toss the cauliflower in a large bowl with 1 tablespoon olive oil and a few teaspoons of salt. Spread the cauliflower on a baking sheet and bake in oven until tender and lightly browned.

While the cauliflower is roasting, heat the remaining 2 tablespoons of olive oil in a sauté pan over medium heat, then add the onion and a pinch of salt and sauté until soft and translucent, about 10 minutes. Add the carrots, celery, and another pinch of salt and sauté until the vegetables begin to brown, about 12 minutes.

Add the curry powder, cumin, coriander and cinnamon and stir until the spices have coated the vegetables. Pour 4 cups of broth into the pot, bring to a boil, and then simmer until the vegetables are tender.

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NUTRITION INFORMATION PER 2 CUP SERVING:	
Calories	110
Fat	7g
Carbohydrate	10g
Fiber	3g
Sodium	260 mg
Potassium	338 mg

Cost per serving: $1.00

Transfer the soup to a blender, along with the roasted cauliflower. You may need to do this in two separate batches, depending on the size of your blender. Blend until smooth, adding more broth as needed for a thinner consistency.

Serve with a spritz of juice from about ¼ of a lime. Top with a dollop of plain yogurt and some chopped fresh cilantro. Alternately, top with a dollop of Cilantro Pesto or Apricot Pear Chutney (see separate recipes).