

# GOLDEN CAULIFLOWER SOUP



This soup is quick, nutritious, and delicious.

The sweetness comes from the roasted cauliflower and the caramelized onion. The warming spices nourish and deepen the flavor.

Enjoy!

Prep Time: 30 minutes

Total Time: 55 minutes

Yield: 2 ½ quarts

Equipment Needed: blender

## INGREDIENTS

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- 3 tablespoons avocado oil
- 1 large head cauliflower, chopped into 1-inch pieces
- 2 teaspoons high-mineral sea salt
- 1 tablespoon ground turmeric
- 2 teaspoons coriander
- ½ teaspoon freshly ground black pepper
- 1 medium yellow or white onion, sliced thin
- ¼ cup peeled chopped ginger root
- 6 cups Bone Broth or Quick Veggie Stock (find recipes in [Heartful Kitchen](#)) (any flavor), or purchased low-sodium chicken stock or broth
- 2 (13.5-ounce) cans of full-fat coconut milk
- 2 to 3 tablespoons lemon juice
- handful fresh mint or 2 teaspoons dried mint

## DIRECTIONS

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1. Preheat the oven to 400° and line 1 baking sheet with parchment paper.
2. Add the cauliflower to the baking sheet, drizzle with 2 tablespoons avocado oil, and sprinkle with 1 teaspoon salt, turmeric, coriander, and pepper. Roast until golden, about 30 minutes on the top rack of the oven.
3. In a medium pot on medium-high heat, warm the remaining 1 tablespoon of the avocado oil. Add the onion and cook until slightly browned and soft, about 15 minutes, adding the ginger and remaining teaspoon of salt halfway through the cooking time. You may choose to not add the salt if using packaged broth, and taste to season at the end of the cooking process. If onions start to get too brown, add a couple of tablespoons of water to scrape up the bits.

5. Turn off the heat and add coconut milk, lemon juice, and mint.
6. Blend soup in batches for at least 2 minutes, starting on low speed, and increasing to medium-high speed. Blend until the mixture is quite creamy and velvety. Take care not to overfill the blender as the liquid is hot and blending hot liquids can be dangerous. You may choose to let your soup cool prior to blending.
7. Transfer soup to a large bowl or vessel and season to taste with salt and lemon if desired.