

Cauliflower Turmeric Soup



Makes about 5-6 large bowls of soup

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This is a whole food plant based soup adapted from Beth Kirby (local milk), but made simpler and oil-free. It's brilliant yellow and full of health-boosting nutrients that makes a gorgeous starter dish or a regular weeknight meal. I like to top mine with tofu cubes for a complete meal.

INGREDIENTS

- 2 heads of cauliflower
- 2 T water
- 1 t salt
- 1 onion, medium chopped
- 5 cloves garlic, grated
- 3" piece of ginger, grated
- 2" piece of turmeric, grated (or 2 T powdered)
- 1/2 t freshly ground black pepper
- 8 cups vegetable broth (+/-)
- 1 - 12oz can regular coconut milk
- 1 T honey
- 2 T lemon juice
- 1 T apple cider vinegar
- 2 T white miso

EQUIPMENT RECOMMENDATIONS:

- **Blender** - I tried this recipe with the immersion blender and it didn't come out as smooth as I would like, so I highly recommend a regular blender for the best result.
- **Microplane grater** - one of my most favorite tools. Makes adding garlic, ginger and turmeric so easy.

DIRECTIONS

1. Preheat the oven to 450°F.
2. Wash the cauliflower and cut into florets. Arrange on your baking sheet and sprinkle with 1 t salt and some freshly ground black pepper. Roast for 30-40 minutes until the cauliflower is tender and gold in some places. Don't burn.
3. Once the cauliflower is finished roasting, you may reserve some of the florets to use as a garnish to serve, if you like.

4. Heat a large soup pot or dutch oven over medium heat. Add the chopped onion and 2T water and cook until soft. As the onions are cooking, add more water as needed to prevent burning. Then add in the garlic, ginger, and turmeric, and black pepper. Cook for 1 minute, stirring constantly.
5. Add in the cauliflower and stir to combine. Then add in the vegetable broth. When adding the broth, it should just cover the cauliflower. If your cauliflowers were smaller or larger than average, then you may need more or less broth. If you need more broth, but are out, then just add water. You can always thin the soup out later if it is too thick, so being more conservative with the broth now is better.
6. Cover the pot and turn heat to high and bring to a boil. Once boiling, reduce back to low and simmer for 10 minutes.
7. After simmering, turn off the heat. Add in the honey, lemon juice, apple cider vinegar and miso.
8. In batches, transfer to the blender and blend on high for 1 minute until smooth. Return back to the pot and stir to combine all of the blender batches. Adjust any seasonings and add more water or broth to thin out if necessary.
9. To serve, top with a drizzle of coconut milk, the reserved roasted cauliflower and any other toppings you like.
10. To make this soup a meal, top with pan-seared cubed tofu.