

RECIPE: Curried Cauliflower Soup

Yields 4 Quarts

1 large head cauliflower, cut into mini-florets

1 large carrot, peeled and diced

4 Tbs olive oil, divided

2 Tsp salt, divided

1 onion, peeled and diced

3 medium sized Yukon gold potatoes, peeled & diced

2 tsp curry powder

1 tsp turmeric powder

1/4 tsp cayenne

1/8 tsp black pepper

4 cups lentil stock (recipe adjacent)

Cooked lentils from the lentil stock (recipe adjacent)

2 cups water

1 13.5 oz can organic coconut milk

2 Tbs agave nectar

LENTIL STOCK

2 cups organic green lentils, rinsed

1 small carrot, peeled

1/2 onion, peeled

2 cloves garlic, peeled

2 sprigs thyme

2 Tbs olive oil

2 Tbs kosher salt

6 cups water

Put all the lentil stock ingredients into a pot and bring to a boil. Lower heat, cover, and simmer for about 45 minutes, until the lentils are cooked through. Pick out carrot, onion, garlic and thyme and discard. Strain lentils and reserve the stock. Set both aside.

1. While the stock is simmering, place the cauliflower florets and carrots into a baking dish or sheet pan, keeping the two vegetables separate. Drizzle with 2 Tbs of the olive oil and 1 Tsp of the salt, and gently toss to coat, making sure to keep the cauliflower to one side and the carrots to the other (they'll be added at different stages in the recipe). Roast for about 20 minutes, stirring occasionally, until the veggies are tender.

2. In a 6 quart pot, sauté onions in the remaining 2 Tbs oil for about 10 minutes until translucent. Add half the roasted cauliflower, potatoes, spices, lentil stock, and water and bring to a boil. Reduce to a simmer and continue to cook until potatoes are tender (about 12 minutes). Add coconut milk and bring to a boil.

3. Turn off the heat, cool slightly and puree (either in batches using a regular blender taking breaks to remove lid and let steam escape, or using an immersion blender) until smooth.

4. Stir in 2 Tbs agave nectar and the remaining 1 Tsp salt. Mix in cooked lentils, roasted carrots, and remaining cauliflower. Adjust seasoning to taste. Heat gently and enjoy!