

# CURRIED CAULIFLOWER SOUP

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- 1 large head of cauliflower, broken into small florets
- 1 quart broth
- 4 T melted coconut oil, divided
- 1 medium yellow onion, diced
- 2-3 T of Thai red curry paste (depending on spice preference)
- 1/2 tsp lemon zest
- 1 T lemon juice mixed with 1/2 C water (*wine replacement*)
- 1 can (14 oz) coconut milk
- 1/2 tsp Lankanto monk fruit sweetener (classic)
- 1-3 tsp rice vinegar
- salt & pepper to taste
- 1/4 cup chopped green onions or chives
- 1 T chopped fresh basil

1. Preheat oven to 400 F, and toss cauliflower with enough coconut oil to lightly coat it. Spread onto a single layer on a large baking sheet, add salt, and cook until golden brown, about 25-30 min.
2. In a large, heavy-bottomed pot over medium heat, warm coconut oil, add onion and salt until onion is translucent, about 3 min. Add curry paste and lemon zest. Raise heat slightly, add lemon juice/water blend, and cook while stirring until most has evaporated.
3. Add the roasted cauliflower, broth, coconut milk, and sweetener. Bring to a gentle simmer while stirring occasionally.
4. Remove from heat, use immersion blender to blend until smooth. Stir in rice wine vinegar and serve with green onions and basil as toppings.

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