

Thai Curried Roasted Cauliflower Soup

Ingredients

Soup

2 Tablespoons Coconut Oil
1 Medium Yellow Onion, Diced
½ Large Red Onion, Julienne
6 Cloves Garlic, Minced
1 Tablespoon Ginger, Minced
1 Red Bell Pepper, Julienne
1 Cup Baby Bella Mushrooms, Chopped
2 Cups Baby Spinach, Rinsed
2 Red Skinned Potatoes, Cut into 1/2 inch cubes
4 Red Skinned Potatoes, Baked
1 Coconut Milk, 13.5 oz can
1 Red Curry Paste, 4 oz can
2 ½ Cups Vegetable Broth
6 Basil Leaves, Julienne
1 Cup Cilantro, Chopped
Lime, Juice from 1/2 lime
1 Cauliflower, Roasted

Optional

Vegan Chicken

Garnish

Green Onions, To garnish
Peanuts or Cashews, To garnish



Method

1. Wash and chop cauliflower. Bake at 350 degrees until medium soft.
 2. Place the four baked potatoes, coconut milk, and curry paste into the blender and mix until smooth. Set aside.
 3. In a large soup pot, heat the coconut oil over medium heat. Add the yellow and red onion and sauté until soft and translucent. Add garlic, ginger, and red pepper. Sauté for another 5 minutes. Add the mushrooms, spinach, and cubed potatoes. Sauté for an additional 5-10 minutes.
 4. Add the curry mixture, vegetable broth, basil, cilantro, lime juice, and cauliflower. Stir well. Place on low heat and simmer covered for 15 minutes. Add salt to taste.
 5. Add vegan chicken if desired. Garnish with green onions and either cashews or peanuts.
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Source: The Ginger Veganista (6 servings)
