

# CURRIED CAULIFLOWER AND ZUCCHINI SOUP



## SERVING SIZE

4



## INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Extra-virgin Olive Oil Or Coconut Oil	1 Tbsp.	Head Of Cauliflower,	1 (About 24 Oz)
Shallots, Sliced	2	Cut Into Florets	2
Curry Powder	To Taste	Medium Zucchini, Grated	
Vegetable Broth Or Chicken Broth	4 Cups		
Kosher Salt	To Taste		



## PREPARATION

- Heat oil in a large pot over medium heat.
- Add sliced shallots and sauté 2-3 minutes until softened.
- Stir in curry powder and cook for about 30 seconds, until fragrant.
- Add broth, salt, and cauliflower florets. Bring to a boil, then reduce to a simmer and cook for 12-15 minutes, until the cauliflower is tender.
- Stir in grated zucchini and cook another 3-4 minutes.
- Blend the soup using an immersion blender until smooth (or leave slightly chunky if preferred).
- Taste and adjust salt as needed. Serve warm and enjoy!