

CURRIED CAULIFLOWER AND ZUCCHINI SOUP



SERVING SIZE

4



INGREDIENTS

ITEM

Extra-virgin Olive Oil Or Coconut Oil
Shallots, Sliced
Curry Powder
Vegetable Broth Or Chicken Broth
Kosher Salt

QUANTITY

1 Tbsp.
2
To Taste
4 Cups
To Taste

ITEM

Head Of Cauliflower,
Cut Into Florets
Medium Zucchini, Grated

QUANTITY

1 (About 24 Oz)
2



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!