Curried Cauliflower Soup

Description

A *True Food Kitchen* *exclusive! This rich soup is healthy, vegan, and quick prepare. It's good hot or cold and keeps well if you don't serve it all at once. I use orange cauliflower when I can find it, for its higher content of beta-carotene than white. Cashew milk makes the soup deliciously creamy. This is a good way to get the anti-inflammatory benefit of turmeric. Garnish each bowl with caramelized onions and bright green cilantro for a beautiful presentation.*

Food as Medicine
Like all cruciferous vegetables, cauliflower offers a host of health benefits including several potent anti-inflammatory compounds. It is a good source of vitamin K, which has been shown to directly modulate the body's inflammatory response. It also contains substances that the body can convert to sulforaphane, which supports blood vessel health and may offer other cardiovascular benefits.

Ingredients

1/3 cup raw cashews
2 teaspoons extra virgin olive oil
1 medium onion, diced
1 large head cauliflower, cut into 1-inch pieces
1 (14-ounce) can light coconut milk
2 tablespoons curry powder
1 teaspoon ground turmeric
1 teaspoon evaporated cane sugar
1/4 teaspoon ground cinnamon
Salt
Caramelized Onions
1/4 cup chopped cilantro

Makes 10 cups, 4 to 6 servings

Nutrients Per Serving:
Calories 236.8
Fat 15.4 grams
Saturated Fat 6.7 grams
(56.7% of calories from fat)
Protein 6.7 grams
Carbohydrate 19.8 grams
Cholesterol 0 mgs
Fiber 5.3 grams

This recipe is courtesy of Dr. Weil's cookbook: True Food: Seasonal, Sustainable, Simple, Pure.

For your free personalized supplement recommendation, visit Dr. Weil's Vitamin Advisor.

Instructions

1. Put the cashews in a blender and blend until finely ground. Add 3/4 cup of water and blend for 2 minutes. Pour the cashew mixture through a fine-mesh strainer, pressing on the solids with the back of a spoon, into a bowl. Set the cashew milk aside until needed.
2. In a large pot, heat the olive oil over low heat. Add the onions and sauté until golden. Add the cauliflower, coconut milk, cashew milk, curry powder, turmeric, cumin, sugar, cinnamon and salt. Add enough water to cover. Bring to a low boil, reduce heat and simmer until cauliflower is tender, about 10 minutes.
3. Blend the soup with an immersion blender

until the desired consistency is reached. If using a standing blender, allow the mixture to cool for 20 minutes. Pour the soup into the blender. Hold the lid down firmly with a clean, folded towel over it. Start on low speed and blend until the soup is smooth. Return to the pot and reheat if serving hot. Ladle into bowls and garnish with the onions and cilantro before serving.

*Want more healthy, delicious recipes? Join the **Dr. Weil on Healthy Aging** online guide for access to hundreds of anti-inflammatory recipes and our exclusive eating guides. [Sign up today and get 14 days free!](http://www.drweil.com)*