Easy Curried Cauliflower Soup

Jacob · 30/09/2024



Prep Time

45 mins

Dificult

Medium

Servings

8

Description

I found a really good basic cauliflower soup recipe and modified it This soup is easy healthy and so good Its really good with a little bit of butter or sour cream as a garnish

Ingredients

- - 1 tablespoon olive oil
- or as needed - ½ onion
- sliced
- or to taste - 3 carrots
- cut into 1/2-inch slices - ½ red bell pepper
- sliced - 3 cloves garlic
- peeled
- or more to taste - 1 head cauliflower
- chopped - 1 (32 fluid ounce) container chicken stock
- or as needed - 2 tablespoons yellow curry powder - 1 tablespoon butter - 4 dashes hot sauce (such as Tapatio®)
- or more to taste - salt and ground black pepper to taste

Instructions

1. Heat olive oil in a large pot over medium heat; cook and stir onion
2. carrots
3. red bell pepper
4. and garlic until tender and softened
5. 5 to 10 minutes. Add cauliflower to vegetable mixture and pour in chicken broth; bring to a boil. Cook soup until cauliflower is tender
6. about 10 minutes. Remove pot from heat and blend soup using a hand blender until smooth. Place pot over low heat and add curry powder
7. butter
8. hot sauce
9. salt
10. and pepper to soup; simmer until flavors have blended
11. about 15 minutes more. Cook's Notes: This soup can also be made vegetarian/vegan. Substitute water and vegetable stock for the chicken stock and omit the butter.