

**TANDOORI ROASTED CAULIFLOWER SOUP**

Pureeing only part of the ingredients gives this soup a smooth, creamy base. The addition of bite-size veggies and roasted cauliflower lends a nice, hearty feel.

🕒 25 minutes

🕒 55 minutes

👤 8 portions

**INGREDIENTS**

- 8 chopped cups (1/2" pieces) of cauliflower, raw (856 g)
- 2 sprays, about 1/3 second (1 NLEA serving) of oil, PAM cooking spray, original (1 g)
- 2.5 tsps of spices, curry powder (5 g)
- 1 tsp of salt, table (6 g)
- 3/4 tbsp of oil, coconut (10 g)
- 2 cups, chopped of onions, raw (320 g)
- 3 cloves of garlic, raw (9 g) minced small
- 1 tsp of ginger root, raw (2 g)
- 1 tsp of spices, mustard seed, ground (2 g)
- 1 whole tsp of spices, cumin seed (2 g)
- 4 cups of soup, chicken broth, ready-to-serve (996 g) or 10 grams of onion and garlic seasoning cube ( melt in water and add as broth )
- 100 grams of naturally steam peeled diced tomatoes
- 1/4 unit yields of lime juice, raw (11 g)

**COOKING METHOD**

- 1° Preheat oven to 450°F. Line a baking sheet with parchment paper
- 2° Place 4 c cauliflower in a large bowl and coat with cooking spray; toss with 2 tsp curry powder and 1/2 tsp salt. Spread cauliflower on prepared pan; roast, stirring once halfway through, 30 minutes.
- 3° While cauliflower cooks, heat oil in a large soup pot. Add onion and remaining 1/2 tsp salt; cook, stirring often, until slightly softened, 5 minutes. Add garlic, ginger, mustard seed, cumin seed and remaining 1/2 tsp curry powder (or more to taste); cook, stirring frequently, 1 minute.
- 4° Add remaining 4 c raw cauliflower florets and broth to pot; increase heat to high and bring to a boil over high heat. Reduce heat to medium-low; simmer, uncovered, until cauliflower is extremely soft, 15-20 minutes.
- 5° Puree soup in pot using an immersion blender (or puree in batches in a countertop blender); stir in tomatoes and green beans. Cook, uncovered, until green beans are tender, 5-7 minutes. Stir in lime juice and roasted cauliflower; sprinkle with basil.
- 6° Puree soup in pot using an immersion blender (or puree in batches in a countertop blender); stir in tomatoes and green beans. Cook, uncovered, until green beans are tender, 5-7 minutes. Stir in lime juice and roasted cauliflower; sprinkle with basil.

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (228 g)	% DRI
ENERGY	30 kcal	69 kcal	3 %
FAT	1 g	2 g	3 %
FATTY ACIDS, TOTAL SATURATED	1 g	1 g	6 %
CHOLESTEROL	1 mg	1 mg	0 %
SODIUM	256 mg	584 mg	24 %
CARBOHYDRATE	5 g	11 g	4 %
SUGARS	2 g	4 g	—
FIBER	2 g	3 g	14 %
PROTEIN	1 g	3 g	—