Creamy Curry Cauliflower Soup (Vegan)

I love soup. I especially love creamy, cozy, nourishing soups. I made something similar once before, consisting of curry and cauliflower, but this one I've concocted is a winner. Very simple to whip up, it is a filling main dish or can act as a lovely cup-o-soup for a side, as we creep on into Fall. Cauliflower is in season from August-December.

- 2 tablespoons Coconut Oil
- 2 medium Yellow Onions, thinly sliced
- ½ teaspoon Sea Salt, plus more to season
- 4 Garlic Cloves, finely chopped
- 1 large head of Cauliflower (about 2 pounds), trimmed and cut into florets
- 4 ½ cups Vegetable Broth
- ½ teaspoon Ground Coriander

- 1 teaspoon Turmeric Powder
- 1 ½ teaspoon Curry Powder
- 1 ¼ teaspoon Cumin
- ½ teaspoon Red Pepper Flakes
- 1 cup Coconut Milk
- Black Pepper, to season

Heat oil in a large pot over medium heat until melted and coating the bottom. Cook the onions and ¼ teaspoon salt until onions are soft and translucent, about 9 minutes. Reduce heat to low, add garlic and cook for 2 additional minutes. Add cauliflower, vegetable broth, coriander, turmeric, curry, cumin, red pepper flakes and remaining ¼ teaspoon salt. Bring to a boil over medium-high heat, then reduce the heat to low and cover. Simmer until cauliflower is fork-tender, about 15-17 minutes.

Pour the mixture into a Vitamix, food processor (in batches), OR high-powered blender, and add the coconut milk. Purée until smooth, adjust any of the seasons if need be to taste, mix again if so, and then return the soup to the soup pot. (Alternatively, use an immersion blender to purée the soup right in the pot.) Again, taste and add more salt, pepper or spices if you'd like. *NOTE** If you want to make it slightly thinner, just add splashes of more vegetable broth.*

Cauliflower…

Because of its beneficial effects on numerous aspects of health, cauliflower can easily be described as a superfood. It helps fight cancer, boosts heart health, it's an anti-inflammatory, it's rich in vitamins and minerals, it boosts brain health, it supports detoxification, has digestive benefits, and has plenty of antioxidants and phytonutrients. Read more at http://articles.mercola.com/sites/articles/archive/2014/02/22/cauliflower-health-benefits.aspx

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