

Sweet Potato Curried Cauliflower Soup



Ingredients

1 tsp whole cumin seeds	1 piece candied ginger, finely chopped
1/2 tsp whole fennel seeds	1 large sweet potato, peeled and cut into 1-inch cubes
1/2 tsp whole coriander seeds	4 cups vegetable stock or water
5 Tbsp olive oil, divided	2 Tbsp tamari or soy sauce
1/4 head cauliflower chopped into coarse pieces	6 dates, coarsely chopped
1 onion, finely chopped	1 Tbsp yellow curry spice or curry powder
2 cloves garlic, finely chopped	

Instructions

In a large, heavy skillet, toast cumin, fennel and coriander seeds over medium-high heat until the seeds begin to pop and their fragrance is released, about 2 minutes. Do not allow to smoke or burn. Add 2 Tbsp of the oil to pan and heat. Stir in cauliflower. Reduce heat to medium-low and cook stirring frequently, for 8 minutes or until cauliflower is caramelized and tender when pierced with the tip of a knife. Set the pan aside.

In a soup pot heat 2 Tbsp oil over medium heat. Stir in onion and cook for 5 minutes. Add remaining oil, garlic, ginger and sweet potato and cook for 2 minutes. Stir in stock, tamari and dates. Increase heat and bring to a light boil. Reduce heat and simmer for 20 minutes or until sweet potato is soft.

Using a potato masher or fork, mash sweet potato in pot to thicken soup. Add curry and cauliflower. Simmer for 3 minutes or until cauliflower is heated through.

Nutrition Information Per Serving

Serves 4

Fiber

Calories:

Carbohydrates:

Fat:

Protein:

Sodium: