

SPICY POTATO & CAULIFLOWER SOUP

INGREDIENTS

- 3 T** Healthy oil **OR** Non-stick cooking spray
- 2** Onion (medium) (peeled) (chopped)
- 1 inch** Ginger (fresh) (peeled) (cut into fine slivers)
- 4 cloves** Garlic (peeled) (chopped)
- 1 t** Cumin
- 2 t** Coriander
- 1/4 t** Turmeric
- Pinch** Cayenne pepper
- 1/2 lb** Potatoes (peeled) (cut into 1/2 inch cubes)
- 1/2 lb** Cauliflower flowerettes
- 3 pints** Chicken Broth (pareve or meat) (low sodium) **OR** Vegetable Broth (low sodium)
Salt (to taste)
- 1 C** Cashew cream (See our **Make It yourself** page listed at the bottom of the Recipe Directory)



DIRECTIONS

- 1 Heat the oil over a medium-high heat in a large saute pan **OR** spray with non-stick cooking spray
- 2 When hot, add the onions, ginger & garlic
- 3 Stir-fry for 4 minutes **OR** until the onions are at least golden/brown
- 4 Add the cumin, coriander, turmeric & cayenne
- 5 Stir once & add the potatoes, cauliflower & broth
- 6 If you're using a low sodium, taste the soup mix to see if you need more salt
- 7 Stir & bring to a boil then cover the pot & turn the heat to low
- 8 Simmer for 10 minutes **OR** until the potatoes are tender
- 9 Put the soup in a blender (Vita mix is the best) in 2 or more batches blending thoroughly
- 10 Your other option is to use an immersion blender
- 11 Add the cashew cream & blend thoroughly
- 12 Re-heat soup slowly over low heat

KOSHER BROTH CHOICES

