

Curried Cauliflower and Broccoli Soup

Ingredients

- 2 tablespoons olive oil
- 1 onion chopped
- 2 carrots sliced
- 3 cloves garlic minced
- 2 tablespoons arrowroot starch or cornstarch
- 1 tablespoon curry powder
- 1/2 teaspoon red chili flakes
- 1 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/2 teaspoon black pepper
- 1 tablespoon nutritional yeast
- 1 teaspoon salt more to taste
- 1 head cauliflower broken into florets
- 1/2 head broccoli broken into florets
- 2 1/2 cups vegetable broth
- 1 3/4 cups (1-13.5 oz can) full fat coconut milk
- 2 tablespoons fresh lime juice

Optional Mix-Ins

- dairy-free sour cream
- dairy-free plain yogurt

Instructions

1. In a Dutch oven or large saucepan, warm olive oil over medium heat. Add chopped onions and carrots. Heat until onions and carrots have softened, stirring occasionally.
2. Add garlic and let it cook for about 1 minute. Stir in arrowroot starch until dissolved. Add curry powder, red chili flakes, cumin, coriander, nutritional yeast, and salt and pepper. Add cauliflower, broccoli, vegetable broth, and coconut milk. Stir to combine.
3. Cover and allow soup to simmer for about 15 minutes until soup slightly thickens and cauliflower and broccoli become tender. Add lime juice and stir.
4. Once vegetables are tender, use an immersion blender to puree part of the soup. This will add creaminess while still leaving whole vegetables.
5. Alternatively, you can carefully transfer 1–2 cups of soup to a blender to puree and return to saucepan. Only fill your blender halfway as hot liquids can easily splatter.
6. Serve curried cauliflower and broccoli soup warm. Top with sour cream or yogurt if desired (dairy-free if needed).