

Curried Cauliflower Soup

Equipment needed:

- Large saucepan
- Food processor or stick blender

Prep the spices (combine these):

- 1 teaspoon garlic paste
- 5 teaspoons ginger paste
- 5 teaspoons curry powder
- 2 teaspoons date sugar/syrup
- 1 teaspoon spice*

Prep the rest (keep them separate):

- 1 red onion, chopped
- 1 cauliflower, in pieces
- 1 litre vegetable stock
- 2 teaspoons lemon juice
- (optional) spinach

**Whatever you like, I guess, but Dr Michael Greger suggests having a blended mix in your cupboard to use in all sorts of situations like this. I made mine up from the following ingredients in the proportions shown (e.g. could be teaspoonfuls):*

- *nutritional yeast (6)*
- *dried thyme (4)*
- *garlic powder (4)*
- *mustard powder (4)*
- *paprika (4)*
- *onion powder (3)*
- *dried parsley (3)*
- *dried basil (3)*
- *ground turmeric (0.5)*
- *celery seeds (0.5)*

Instructions

- 1.** Pour a quarter of the **stock** into a large saucepan.

- 2.** Add the **chopped red onion**.

- 3.** Cook for 5 minutes.

- 4.** Stir in the **spice**, then the **cauliflower** and the rest of the **stock**.

- 5.** Simmer for 30 minutes.

- 6.** Optionally, throw in some **spinach** for the last minute or so.

- 7.** Add the **lemon juice**, then purée it all in the food processor (probably in a couple of batches) or with the stick blender.
