

curried cauliflower soup

Makes 6 servings

RECIPE ADAPTED FROM: [Vegetarian Times](#)

COOK TIME: 45 minutes

- 2 Tbsp olive oil
 - 1 small onion, chopped
 - 1 medium tart apple, such as Granny Smith, peeled, cored, and coarsely chopped
 - 1 Tbsp curry powder
 - 1 clove garlic, sliced
 - 1 large head cauliflower, chopped into 1-inch pieces
 - 4 cups low-sodium vegetable broth
 - 1 tsp honey
 - 1 tsp rice wine vinegar
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HEAT oil in large pot over medium-high heat.

ADD onion and sauté 5 to 7 minutes, or until soft and golden.

STIR in apple, curry powder, and garlic, and cook 2 minutes more, or until curry powder turns deep yellow.

ADD cauliflower and vegetable broth and bring to a simmer. Cover, reduce heat to medium-low, and simmer 20 minutes.

COOL for 20 minutes, then blend in food processor or blender until smooth.

STIR in honey and vinegar, and season with salt, if desired.

