

# Curried Cauliflower Soup

**Source:** Mark Bittman's Kitchen Matrix

<b>Prep</b>	<b>Cook</b>	<b>Total</b>
<b>10 min</b>	<b>20 min</b>	<b>30 min</b>

**Serving:** 4

Pale cauliflower fits into the "eat a rainbow of colors everyday" spectrum because it low calorie and has a host of vitamins, minerals and cancer-fighting antioxidants. Sever as a snack, starter or warming alternative breakfast to start your day off right.

I highly recommend Mark Bittman's books for quick and easy recipes - especially fresh takes on vegetables.

## Ingredients

1 medium **onion** *chopped*  
1 tablespoon **minced fresh ginger**  
3 cups **water**  
 $\frac{1}{4}$  teaspoon **sea salt**  
 $\frac{1}{8}$  teaspoon **black pepper** *fresh ground*  
2 cups **cauliflower florets**  
1 tablespoon **curry powder**  
1 cup **coconut milk**  
2 tablespoons **fresh cilantro** *chopped*

## Directions

Put onion, ginger, water, salt and pepper into a pot over high heat. Bring to a boil, cover, reduce heat and simmer until the onion is tender, about 10 minutes.

Add cauliflower and curry powder and cook until cauliflower is tender, about 5 minutes. Add coconut milk and puree.

Garnish with the cilantro.

## Nutritional Information

Amount Per Serving (4 Servings)

**Calories:** 143 **Protein:** 3 g **Sugar:** 2 g **Carbohydrate:** 8 g **Fat:** 12 g **Cholesterol:** 0 **Sodium:** 151 mg **Fiber:** 2 g