

TURMERIC ROASTED CAULIFLOWER SOUP

In case you haven't heard yet, turmeric has quickly become one of the most sought-after medicinal spices to aid in the reduction of inflammation. A powerful anti-oxidant and anti-inflammatory agent, the active component of turmeric (curcumin) has been shown to help not only with heart disease, Alzheimer's and cancer, but to also significantly improve depression and arthritis symptoms, in addition to being a disease preventative. You may have eaten turmeric as the main spice in Indian curry dishes or in American mustard, from which it receives its bright yellow color. This recipe is adapted from skinnytaste.com. One serving is 1-1/2 cups and covers your vegetable and fat for one meal.



INGREDIENTS

- 6 heaping cups cauliflower florets (from 1-1/2 lb cauliflower) cut into 1-inch florets
- 3 garlic cloves, smashed
- 2 Tbsp coconut or avocado oil, divided
- 1 tsp. turmeric
- 1 tsp. cumin

1/8 tsp. crushed red pepper flakes, optional
Pink Himalayan salt & ground pepper to taste
1 medium onion, chopped
3 cups organic chicken broth
1/4 cup full fat canned coconut milk, mixed well

INSTRUCTIONS

Preheat oven to 425°F. Smash garlic cloves with the side of a knife. Place cauliflower florets and garlic in a large bowl and drizzle with 1 Tbs. oil, mixing well.

In a small bowl, combine the turmeric, cumin, red pepper flakes, salt and pepper. Sprinkle over the cauliflower and toss well to coat evenly.

Place cauliflower on a large rimmed baking sheet (can line with foil or parchment paper), roasting until brown and tender - about 25-30 minutes. Turn halfway through for even browning. Set aside 1 cup of the roasted cauliflower.

Meanwhile, over medium heat, heat a medium-sized pot, and add 1 Tbs. oil. Add onion and cook about 3 minutes. Add the broth and roasted cauliflower and bring it to a boil. Turn the heat to low and cook for 15 minutes.

Using a hand blender, blend ingredients in the pot until smooth. You can also use a regular blender, but will need to blend it carefully in smaller batches. Adjust salt & pepper, to taste. Stir in the coconut milk and top with roasted cauliflower.