

Coconut Cauliflower Soup with Ginger and Turmeric

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Servings: 6

2 1/2 to 3 pounds cauliflower, cut into 1-1/2-inch florets
2 tablespoons extra-virgin olive oil
1/4 teaspoon ground turmeric
1/2 teaspoon salt
1/4 teaspoon pepper
1 tablespoon olive oil
1 yellow onion, chopped
pinch salt
1/4 teaspoon ground turmeric
2 cloves garlic, minced
2 carrots, peeled and chopped
2 stalks celery, chopped
1/2 teaspoon salt
2 teaspoons Thai red chili paste
1 1/2 cups low-sodium vegetable broth, divided
2 teaspoons grated ginger root
1 can (13.5 ounce) coconut milk
1/4 teaspoon salt
zest of one lime
juice of one lime
1 tablespoon cilantro (for garnish), finely chopped

Preheat the oven to 425 degrees.

In a large bowl, combine the cauliflower, extra-virgin olive oil, turmeric, salt and pepper. Toss to coat. Transfer to a parchment-lined rimmed baking sheet. Spread in an even layer. Bake for 20 to 25 minutes or until golden and tender.

Meanwhile, in a large saucepan over medium heat, heat one tablespoon of olive oil. Add the yellow onion, salt and turmeric. Saute' for 3 minutes. Add the cloves, carrots, celery and 1/2 teaspoon of salt. Saute' for 10 minutes. Stir in the Thai paste. Pour in the vegetable broth, scraping the pan to loosen any browned bits. Cook until the liquid is reduced by half.

Pour one cup of vegetable broth into a blender. Add the ginger and one-third of the saute'd vegetables and one-third of the cauliflower. Blend until smooth, adding more broth as needed.

Transfer to the saucepan over low heat. Repeat the process two more times with the remaining saute'd vegetables and cauliflower. Stir in the coconut milk, salt, lime zest and lime juice.

Serve garnished with cilantro.

Per Serving (excluding unknown items): 184 Calories; 16g Fat (75.7% calories from fat); 2g Protein; 9g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 484mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 0 Fruit; 3 1/2 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	184	Vitamin B6 (mg):	.2mg
% Calories from Fat:	75.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	19.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	4.9%	Riboflavin B2 (mg):	trace
Total Fat (g):	16g	Folacin (mcg):	41mcg
Saturated Fat (g):	9g	Niacin (mg):	1mg
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Daily Value*	0.0%
Carbohydrate (g):	9g	Food Exchanges	
Dietary Fiber (g):	3g	Grain (Starch):	0
Protein (g):	2g	Lean Meat:	0
Sodium (mg):	484mg	Vegetable:	1 1/2
Potassium (mg):	389mg	Fruit:	0
Calcium (mg):	37mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	3 1/2
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	25mg		
Vitamin A (i.u.):	6777IU		
Vitamin A (r.e.):	677 1/2RE		

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 184 Calories from Fat: 140

% Daily Values*		
Total Fat	16g	25%
Saturated Fat	9g	47%
Cholesterol	0mg	0%
Sodium	484mg	20%
Total Carbohydrates	9g	3%
Dietary Fiber	3g	13%
Protein	2g	
Vitamin A		136%
Vitamin C		42%
Calcium		4%
Iron		7%

* Percent Daily Values are based on a 2000 calorie diet.