

Spiced Carrot Cauliflower Soup

January 24, 2015



Active Time 10 minutes

Total Time 30 minutes

Ingredients

Serves 6-8

1 tablespoon olive oil

1 small onion, chopped

5 cups warm water

2 tablespoons vegetable bouillon, i like to use organic better than bouillon instead of the cubes

1 head cauliflower, chopped (about 4 cups)

3 cups peeled and chopped carrots (about 8 medium carrots)

1 1/2 teaspoons curry powder

1 teaspoon ground cinnamon

1 teaspoon garam masala

1 teaspoon salt

Step 1

Heat the oil in a large saucepan over medium heat and cook the onions for 3 minutes, or until soft.

Step 2

Dissolve the vegetable bouillon in the water and add to the pot.

Step 3

Add the remaining ingredients to the pot and stir to combine.

Step 4

Bring to a boil, cover, and reduce heat to simmer for 15-20 minutes, or until the vegetables are fork tender.

Step 5

Using an immersion blender or standing blender, puree all of the ingredients until smooth.

Cooks' Note

This recipe was originally published on Weelicious as "[Spiced Carrot Cauliflower Soup](#)".

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