

# Curried Cauliflower Coconut Soup

## PREP TIME:

10 minutes

## COOKING TIME:

LOW: 5 - 6 hours  
or  
HIGH: 2 1/2 - 3 hours

## SERVES:

4 - 6

stir in a little truffle oil  
at the end



## INGREDIENTS:

- 2 tsp / 4 cloves garlic, minced
- 1 cup / 1 large white onion, diced
- 1 Indian Dal blend
- 1 whole cauliflower, chopped roughly
- 4 cups / 32 fl oz chicken broth, low sodium
- 1/2 tsp salt
- 1 can coconut milk, reduced fat

## PREPARE:

heat the olive oil in a skillet on medium;  
soften the garlic and onions for 2  
minutes

transfer the mixture to the slow cooker  
sprinkle in the Indian Dal blend

add the cauliflower, chicken broth, salt,  
coconut milk

stir, cover and cook on LOW for 5-6  
hours or HIGH for 3 hours

once cooked use an immersion blender  
and blend to a creamy consistency

the soup can be served immediately or  
chilled