

# 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 tbsp olive oil  
1 cup / 1 large white onion, diced  
2 tsp / 4 cloves garlic, minced  
1 Indian Dal blend  
1 whole cauliflower, chopped roughly  
4 cups / 32 fl oz vegetable broth  
1/2 tsp salt  
1 can coconut milk, reduced fat

## PREPARE:

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

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

add the cauliflower, vegetable broth,  
salt, coconut milk

stir, cover and cook on LOW for 5-6  
hours or HIGH for 2/12 hours

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

the soup can be served immediately or  
chilled

