

# Vegan Spicy Cauliflower Masala Soup Recipe

TrueHealingSource.com



## INGREDIENTS

2 TBL Coconut oil  
10 oz Shredded or chopped carrots  
1 Large potato chopped  
1 Large yellow onion finely chopped  
2-3 Large garlic cloves chopped or pressed  
1 Teaspoon fresh ginger finely grated  
1 TBL garam masala

1/2 Tsp cumin powder  
1 Tsp turmeric powder  
1/4 Tsp cinnamon  
1/2 Tsp cayenne pepper powder  
1 Full head of fresh cauliflower chopped into small pieces  
1 (28 oz) can crushed tomatoes including liquid  
4-5 cups vegetable broth\*

## DIRECTIONS

Lightly steam the cauliflower and carrots together for about 5 minutes to tenderize.

While you are steaming the cauliflower and carrots, in a separate large pot heat the coconut oil over medium heat and saute the onion, potatoes and garlic for 3-5 minutes just until the onion is tender and translucent. Add the remainder of the spices and stir and saute for another minute or so before adding the steamed cauliflower and carrots. Stir together and let the flavors and aroma meld together for about 4-5 minutes allowing a little to stick to the bottom of the pan without burning.

This creates a delicious flavor when you add the vegetable broth.

Add the vegetable broth while scraping the bottom of the pan to mix in the reduced flavors and spices.

Continue cooking on low for about 30 minutes. If you like a soup with more broth you can add an additional cup or 2 of vegetable broth, otherwise this soup is a little thick and soaks up the liquid as it remains in the fridge.

Top with avocado. The cream texture and flavor of the avocado is wonderful delicious contrast to the spiciness of this amazing cauliflower masala soup!