



Easy Curried Cauliflower Soup

Makes 6 servings

- 1 onion, chopped
- 1 large celery stalk, chopped
- 1 large carrot, chopped
- 5 cups low-salt broth (chicken or vegetable)
- 1 bag of frozen cauliflower (16 ounces)
- 1 tablespoon unsalted butter
- 1 teaspoon curry powder

- Melt butter in a large pot over medium low heat.
- Add onion, celery and carrot.
- Cover and stew vegetables for 5-7 minutes, until soft, stirring occasionally.
- Add curry powder. Stir for about one minute.
- Add broth and cauliflower. Bring to a boil, reduce heat, cover and simmer about 30 minutes, until cauliflower is soft.
- Puree in blender or food processor.

Nutritional Information:

Calories: 91

Sodium: 115 mg

Total Fat: 3g

Protein: 6g