

# Lemony Carrot and Cauliflower Soup

By **Melissa Clark**

Updated Feb. 25, 2025

---

**Total Time** 40 minutes

**Rating** ★ ★ ★ ★ ★ (8,470)

The beauty of a soup like this — other than its bone-warming properties — is that you don't need a recipe. You can pretty much simmer together any combination of vegetables with a little water or broth, purée it, top it with good olive oil and salt, and end up with something good to eat. The addition of miso paste and crushed coriander to the broth, and fresh lemon and cilantro at the end, zips things up without negating the comfort factor.

---

## INGREDIENTS

**Yield:** 4 servings

- 1 tablespoon coriander seeds
- 2 tablespoons extra-virgin olive oil, more for serving
- 1 large white onion, peeled and diced (2 cups)
- 2 large garlic cloves, finely chopped
- 5 medium carrots (1 pound), peeled and cut into ½-inch pieces (2 cups)
- 1½ teaspoons kosher salt, more as needed
- 3 tablespoons white miso
- 1 small (or half of a large) head cauliflower, trimmed and cut into florets
- ½ teaspoon lemon zest

---

## PREPARATION

### Step 1

2 tablespoons lemon juice,  
more to taste  
Smoky chile powder, for serving  
Coarse sea salt, for serving  
Cilantro leaves, for serving

In a large, dry pot over medium heat, toast coriander seeds until fragrant and dark golden-brown, 2 to 3 minutes. Transfer to a mortar and pestle and coarsely crush.

### Step 2

Return the pot to medium heat. Add the oil and heat until warm. Stir in onion; cook, stirring occasionally, until soft and lightly colored, 7 to 10 minutes. Stir in garlic and cook 1 minute.

### Step 3

Add carrots, crushed coriander, salt and 6 cups water to the pot. Stir in the miso until it dissolves. Bring mixture to a simmer and cook, uncovered, 5 minutes. Stir in cauliflower and cook, covered, over medium-low heat until the vegetables are very tender, about 10 minutes.

### Step 4

Remove the soup from the heat. Using an immersion blender, purée the soup until smooth. (Alternatively, you can let soup cool slightly then purée it in batches in a food processor or blender.) If necessary, return the puréed soup to the heat to warm through. Stir in the lemon zest and juice just before serving. Drizzle with oil and sprinkle with chile, sea salt and cilantro leaves.

---

### Private Notes

Leave a Private Comment on this recipe and see it here.