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Curried Cauliflower Soup

By kmartinelli • 9 Comments

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broccolirose says: Roasted cauliflower and lots of sauteed onions give this curried soup a solid base and silky texture. The Indian-inspired spice blend adds a subtle heat and (...more)

kmartinelli says: So I guess when I think dirt cheap dinner I think soup, since this is essentially the third soup recipe I'm submitting to this contest. But it's true! What b (...more)

Serves 4

- 1 head cauliflower (about 2 1/4 pounds), cut into florets (about 6 cups)
- 2 tablespoons vegetable oil
- 1 tablespoon chopped butter
- 3 onions, sliced 1 inch thick
- ½ teaspoons turmeric
- ½ teaspoons dried coriander
- ½ teaspoons hot paprika or chili powder
- 1 teaspoon cumin
- 4 cups water
- 2 cups chicken or vegetable broth
- 1 cup yogurt or labane (optional; adjust to suit tastes)

1. Preheat oven to 450°F . On a baking sheet, toss cauliflower with vegetable oil and 1 teaspoon salt. Spread out and roast until the florets turn brown, about 25 minutes. Set aside ½ cup of the crispiest florets for garnish.
2. Melt butter in a pot over medium-high heat. Add onions and cook until soft, about 5 minutes. Stir in curry powder, cauliflower, water, and broth; cover, and bring to a boil. Uncover, lower heat, and simmer 5 minutes.
3. Using an immersion blender, blend the soup until a desired consistency is reached. Stir in yogurt or labane if using. Season with salt and pepper and serve in bowls, garnishing with the reserved cauliflower florets.

This recipe is a **Community Pick!**

This recipe was entered in the contest for **Your Best Dirt Cheap Dinner**

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Tags: can be made ahead, cauliflower, cheap, doubled easily, Entrees, indian, lunch, Soups

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