

# Creamy Curry Cauliflower Soup

## Instructions

1. Heat the olive oil over medium heat in a soup pot and chop the onion into small pieces. Add to the pot and sauté.
2. Chop the carrots and celery and add them to the onions. Sauté for 3-4 minutes. Add the minced garlic and ginger. Then add the curry powder, cayenne pepper, salt, and pepper. Mix together and stir while they cook for 2-3 minutes.
3. Add the vegetable broth, chopped cauliflower, and red lentils. Let simmer for 15 minutes, stirring occasionally.
4. Add the coconut milk and use an immersion blender to combine everything, or transfer contents to a blender and pulse in small batches. Garnish with cilantro and lime before serving!

## Ingredients

- 1 tbsp olive oil
- 1 white or yellow onion
- 2 carrots
- 2 stalks of celery, chopped
- 2 cloves of garlic, minced
- 1 tsp ginger, minced
- 3 tsp curry powder
- 1 pinch of cayenne pepper
- Salt and pepper
- 4 cups vegetable broth
- 1 head of cauliflower, cut into florets
- ½ cup uncooked red lentils
- ½ cup coconut milk
- Optional toppings: cilantro, lime, or chopped nuts

## Grocery List

### Produce

- Garlic
- Ginger
- Onion
- Celery
- Carrots
- Cauliflower

### Pantry Items

- Olive oil
- Salt and pepper
- Curry powder
- Cayenne pepper
- Vegetable broth

### Other Items

- Red lentils
- Coconut milk