



# CURRIED CAULIFLOWER COCONUT SOUP

## • SLOW COOKER RECIPE •

2 Tbsp. **Meyer Lemon Olive Oil**

1 large white onion, diced

2 tsp. **Oh! So Garlic**

1 pkg. **Taste of India Spice Blend**

1 whole cauliflower, chopped roughly 4 cups

8 cups vegetable broth

½ tsp. salt

1 can (400 ml) coconut milk

Heat olive oil in a skillet on medium heat; soften the onion and **Oh! So Garlic** for 2 minutes or until translucent. Transfer the mixture to the slow cooker sprinkle in the **Taste Of India Spice Blend**; add the cauliflower, vegetable broth, salt and coconut milk. Stir, cover and cook on LOW for 5-6 hours or HIGH for 2 ½ hours.

When cooked use an immersion blender and blend to a creamy consistency.

The soup can be served immediately or chilled and served cold.