

# CAULIFLOWER CASHEW SOUP

*You will need:*

- 1 cup cashews
- 1 cup low sodium chicken or vegetable stock
- 1 tablespoon coconut oil
- 1/2 yellow onion, diced
- 1/2 teaspoon turmeric
- 1 teaspoon berbere
- 1 teaspoon yellow curry powder (or madras curry)
- 4 cloves garlic, minced
- 1 head cauliflower, leaves removed and coarsely chopped
- 2 medium-small sweet potatoes, peeled and diced
- 3 cups low sodium chicken stock or vegetable stock
- 1 cup filtered water
- 1 teaspoon sea salt
- Juice of 1/2 lemon or lime
- Generous pinch of saffron threads
- Fresh ground pepper and additional sea salt to taste



*Cooking directions:*

Place 1 cup raw cashews into 1 cup chicken broth and allow to soak five to 10 minutes. Sauté onion in coconut oil over medium heat in a large soup pot until translucent. Add turmeric, berbere and curry powder, reduce heat and stir a few minutes until fragrant. Add garlic, be careful not to let it burn.

Pour soaked cashews and broth into a high-speed blender and blend until smooth, about 30 seconds. Add to soup pot with the onions, garlic and spices, as well as remaining broth and water. Simmer covered over medium low heat until cauliflower and sweet potato chunks are tender. Thin soup with water to desired consistency, and add seasoning to compensate.