

# Food Babe's Creamy Cauliflower Cumin Soup



| Prep Time: | Cook Time: | Total Time: | Serves: |
|------------|------------|-------------|---------|
| 15 mins    | 35 mins    | 50 mins     | 6       |

<https://foodbabe.com/creamy-cauliflower-soup-toasted-pine-nuts>

## Ingredients:

- 1 tablespoon coconut oil
- 2 medium white onions, diced
- 3 teaspoons garlic cloves, minced
- 3 ½ teaspoons ground cumin
- ½ teaspoon cinnamon
- ½ teaspoon paprika
- ½ teaspoon chili powder
- 1 cauliflower, chopped
- 2 cups unsweetened coconut milk
- 2 cups vegetable broth (without yeast extract)
- ¼ cup pine nuts

## Instructions:

1. Heat the oil in a soup pot over medium heat.
2. Add the onions and garlic and cook for about 2-3 minutes to soften.
3. Add the cinnamon, cumin, paprika, and chili powder and cook for 2-3 minutes.
4. Add the cauliflower and let steam for 10-15 minutes by placing a top on the pot, stir occasionally.
5. Once cauliflower has softened, mash coarsely with a potato masher.
6. Add coconut milk and vegetable stock to pot, reduce heat to a simmer and cook for 10-15 minutes.
7. While soup is simmering, toast the pine nuts on a dry pan over medium low heat (5-7 minutes), once slightly brown, set aside.
8. Puree the soup using a hand blender and serve with toasted pine nuts on top – Enjoy!

## Notes:

- Please use all organic ingredients if possible