

Food Babe's Triple "C" Soup (Cauliflower, Cumin, Coconut)



Prep Time:	Cook Time:	Total Time:	Serves:
15 mins	50 mins	1 hr, 5 mins	6

<https://foodbabe.com/triple-c-soup>

Ingredients:

- 1 tablespoon coconut oil
- 2 medium white onions, chopped
- 3 teaspoons cumin seeds
- 3 teaspoons garlic cloves, minced
- ½ teaspoon ground cinnamon
- ½ teaspoon paprika
- ½ teaspoon ground chili powder
- 1 head cauliflower, chopped
- 2 cups unsweetened coconut milk
- 2 cups vegetable broth (without yeast extract)
- 4 tablespoons pignolis (pinenuts)

Instructions:

1. On the stove, heat the coconut oil in large pot on medium.
2. In a separate pan toast the whole cumin seeds for a few minutes and then grind the seeds using a spice grinder or mortar and pestle.
3. Cook onions in the large pot for about 5 minutes, then put the cinnamon, ground cumin, paprika, and chili powder in with the garlic to cook 5 more minutes.
4. Add the cauliflower and let steam for 10-15 minutes by placing a top on the pot, stirring occasionally.
5. Once cauliflower has softened, mash coarsely with a potato masher.
6. Add coconut milk and vegetable stock to pot, reduce heat to simmer soup for 10-15 minutes.
7. While soup is simmering, toast the pignolis on a dry pan on medium low heat (5-7 minutes), once slightly brown, set aside.
8. Puree soup using a hand blender.
9. Serve the soup with toasted pignolis on top – Enjoy!

Notes:

- Please use organic ingredients if possible