

Indian Spice Cauliflower Soup

Yield: 5 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-vegetarian-curry-recipe-cauliflower>

Ingredients:

- 1 tablespoon avocado oil
- 1 red onion – sliced
- 1 teaspoon fresh turmeric – minced
- 1 cup carrots – cut into coins
- 1 head cauliflower stem removed – chopped
- 1 tomato – diced
- 15 ounces chickpeas can of, – rinsed well
- 2 cloves garlic – minced
- 15 ounces light coconut milk cans of
- 1 cup water
- 1 teaspoon ground turmeric
- 1 teaspoon cumin
- 1 teaspoon curry
- 1/2 teaspoon coriander
- 1/2 teaspoon white pepper
- 1 teaspoon nutmeg
- 1 teaspoon cinnamon
- 2 teaspoons sea salt

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 38 grams
3. Fat: 25 grams
4. Fiber: 10 grams
5. Protein: 9 grams
6. SaturatedFat: 18 grams
7. Sodium: 1270 milligrams
8. Sugar: 8 grams

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