

Indian-Spiced Tomato and Cauliflower Soup

Yield: 6 min
Total Time: 45 min

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

Ingredients:

- 1 head cauliflower
- olive oil
- salt
- pepper
- 2 tablespoons butter
- 1/2 cup onion diced
- 4 cloves garlic chopped
- 1 1/2 teaspoons fresh ginger
- 1 tablespoon ginger paste
- 1 tablespoon tomato paste
- 2 teaspoons Garam Masala
- 2 teaspoons ground cumin
- 2 teaspoons turmeric
- 1 1/2 teaspoons ground coriander
- 1/2 teaspoon cayenne or Kashmiri chili powder, optional, to taste*
- 28 ounces plum tomatoes canned whole, with liquid
- 1 tablespoon brown sugar optional if you'd prefer to omit
- 4 cups chicken broth
- 1/4 cup fresh cilantro roughly chopped
- chopped fresh cilantro Additional
- plain yogurt or a drizzle of cream
- jalapeno Sliced, optional

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 15 milligrams

4. Fat: 11 grams
 5. Fiber: 5 grams
 6. Protein: 9 grams
 7. SaturatedFat: 3.5 grams
 8. Sodium: 310 milligrams
 9. Sugar: 11 grams
-

Thank you for visiting our website. Hope you enjoy Indian-Spiced Tomato and Cauliflower Soup above. You can see more 17 indian spiced cauliflower soup recipe Experience flavor like never before! to get more great cooking ideas.