

Indian-Spiced Cauliflower Soup

Yield: 4 min
Total Time: 60 min

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

Ingredients:

- 2 tablespoons olive oil
- 1/2 teaspoon cumin seeds whole
- 1/4 teaspoon fennel seeds whole
- 1 onion medium, peeled and chopped
- 1 medium potato about 6 ounces, peeled and chopped
- 2 teaspoons fresh ginger peeled and chopped
- 2 cloves garlic peeled and chopped
- 1 green chili fresh hot, chopped, more or less to taste
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- 1/4 teaspoon ground turmeric
- 1/4 teaspoon red chili powder or cayenne, to taste
- 3 1/2 cups cauliflower florets from about 1/2 a large 2.75-pound head
- 2 medium tomatoes
- 1 1/2 cups canned chopped tomatoes
- 1 1/2 teaspoons salt or to taste, we wanted more
- heavy cream A couple spoonfuls, or dollops of yogurt
- 1/2 cup basmati rice cooked
- 1 handful fresh cilantro chopped
- freshly ground black pepper
- lime wedges
- pita Toasted, or naan wedges

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 53 grams
3. Cholesterol: 10 milligrams
4. Fat: 11 grams
5. Fiber: 7 grams

6. Protein: 8 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 1090 milligrams
9. Sugar: 5 grams

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