

CrockPot Roasted Cauliflower Soup with Curry and Honey

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/malaysian-curry-noodle-soup-recipe>

Ingredients:

- 1 head cauliflower
- 3 tablespoons olive oil
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 2 cups broth chicken or vegetable
- 2 cups water
- 1/2 teaspoon cayenne pepper 1/4 was enough for me
- 1 yellow onion chopped in chunks
- 2 1/2 teaspoons curry

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 11 grams
3. Fat: 11 grams
4. Fiber: 4 grams
5. Protein: 6 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 1040 milligrams
8. Sugar: 4 grams

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