

# THYME & TEMP

## CURRIED CAULIFLOWER-SWEET POTATO SOUP

4 SERVINGS  
1.25 HOURS

### INGREDIENTS

1 head cauliflower, chopped into florets, stalks included  
1 medium sweet potato, peeled and chopped into chunks  
2 tbsp coconut oil  
1 tbsp turmeric powder  
1 tbsp curry powder  
1 tbsp cumin  
1 onion, chopped  
1 clove garlic, chopped  
1 inch piece of ginger, minced  
1 can full fat coconut oil  
3 cups vegetable stock  
Salt to taste

### INSTRUCTIONS

Preheat oven to 425 degrees.

Toss cauliflower and sweet potato with 1 tablespoon coconut oil and the spices. Roast on two baking sheets for 30 minutes, stirring once halfway through. Remove from oven and allow to cool.

Heat 1 tablespoon of coconut oil in a large heavy bottom pot. Sauté onions five minutes, until softened. Add minced garlic and ginger and sauté one minute more.

Add the roasted vegetables all at once. Pour the vegetable stock and coconut milk into pot. Stir and turn stove heat to low.

Use an immersion blender or high-speed stand blender to purée the soup. You may have to do this in batches!

Serve once smooth.

