

Lemony Carrot Cauliflower Soup

Serves 4

~ 45min total

1 tablespoon ground coriander
2 tablespoons extra-virgin olive oil (more for drizzling on top)
1 large white onion diced
5 medium carrots peeled and cut into ½ inch pieces (I just used ~2 cups of baby carrots)
1 small cauliflower head chopped
3 cloves of garlic, minced
1 ½ teaspoons salt
3 tablespoons white miso (I didn't have this, so I replaced with lots more salt)
½ teaspoon lemon zest
2 tablespoons lemon juice (or more to taste!)
Chile power or flakes for serving

In a large pot over medium heat, add olive oil, coriander, and onion. Cook for about 7 min or until soft. Add garlic and cook for 1 min more. Add carrots, salt, and 6 cups of water to pot. Bring to a simmer and cook uncovered for 5 min. Add cauliflower and cook at medium heat for about 15 min or until veggies are very tender. Remove soup from heat and wait to cool a little before adding to blender and blending until very smooth. (Immersion blender works here too). If necessary, return soup to pot to warm again and add lemon juice and zest. Drizzle with a small amount of olive oil and sprinkle with chili to serve. Great with sourdough.