



# Soup & Sandwiches

## Cauliflower Lentil Soup

PREP TIME: 30 minutes • COOK TIME: 32 – 37 minutes

*Gluten-free, nut-free, soy-free, sugar-free, grain-free*

1 Tablespoon Coconut oil or other oil  
1 yellow onion, diced  
2 large cloves garlic, minced  
1 tablespoon fresh ginger, peeled & minced  
1-2 tablespoons curry powder, to taste  
1-1/2 teaspoons ground coriander  
1-teaspoon cumin  
6 cups vegetable broth  
1 cup uncooked red lentils, rinsed and drained  
1 medium cauliflower, cut into bite-size florets  
1 medium sweet potato, peeled and diced  
2 large handfuls baby spinach  
¾ teaspoon sea salt, or to taste  
Fresh cilantro

1. In large saucepan, heat oil over medium heat. Add onion and garlic and sauté for 5 – 6 minutes, until translucent.
2. Add ginger 1 tablespoon of curry powder, coriander and cumin. Sauté for 2 minutes more.
3. Add broth and red lentils. Stir to combine. Bring mixture to a low boil, then reduce the heat and simmer for 5 minutes more.
4. 4 Stir in the cauliflower and sweet potato. Cover and reduce heat to medium-low. Simmer for 20 to 25 minutes, until the cauliflower and sweet potatoes are tender. Season with salt and add more curry powder if desired. Add in the spinach and cook until wilted.
5. Ladle the soup into bowls and top with cilantro, if desired.

**TIP:** The soup becomes more flavorful as it sits – even better the next day!

Serves 4