



# Spicy Cauliflower Soup

NIBBLEDISH CONTRIBUTOR

## Ingredients

Serves 8-10

### Ingredients:

¼ cup olive oil

½ red onion, minced

½ cup carrot, peeled and chopped

1 tsp cumin

1 tsp coriander

1 tsp chili powder

½ tsp turmeric

¼ tsp dried chile flakes

1 chipotle in adobo (optional)

salt/pepper

½ cup chopped cilantro

1 large head of cauliflower trimmed of greens and chopped (about 6 cups)

4 cups of chicken broth

2 cups water

crème fraiche or sour cream for topping (or roasted red pepper strip and feta)

## Instructions

Heat oil over medium in soup pot and add onion, carrot, cumin, coriander, chili powder, turmeric, chile flakes and salt/pepper. When softened, add cilantro, chipotle in adobo, cauliflower, broth and water. Bring to a boil, stir and reduce heat to simmer for 30 minutes, until cauliflower is soft. Place in blender (maybe cool a bit) to puree and return to pot to simmer until ready to serve. Add crème fraiche, sour cream or whatever you wish to top it off.

---

Here is my crème fraiche recipe: 1 cup heavy whipping cream and 2 tbsp buttermilk (whole fat) – stirred and placed into a glass jar then covered, allowing to sit at room temp (70 degrees) for 8-24 hours. This should be thick in the end and stirred. If room temp is cooler than 70, it could take up to 36 hours for bacteria to do its thing. Refrigerate-should last up to 10 days or so.