



Kale Curry Soup

10 servings

1 hour

Ingredients

- 2 heads Cauliflower (small or one large)
- 4 cups Kale Leaves (chopeed)
- 1 cup Red Onion (diced)
- 5 Garlic (cloves)
- 1 Leeks (chopped)
- 1 1/2 tbsps Coconut Oil (organic, unrefined)
- 2 cups Organic Coconut Milk (full fat)
- 4 cups Bone Broth
- 2 tbsps Curry Powder
- 1 Sea Salt & Black Pepper (to taste)

Directions

- 1 In a large pot, heat coconut oil. Add onion and leek. Sauté for 5-10 minutes on medium heat.
- 2 Add the garlic and saute 3 more minutes.
- 3 Add cauliflower and bone broth. Simmer until the cauliflower is soft, about 20 minutes. Turn off the heat. Set aside the mixture and cool.
- 4 Put kale and coconut milk in a high speed blender. Blend until smooth.
- 5 Pour kale and coconut milk into a clean large pot.
- 6 Add the cooled cauliflower mixture to the blender and blend until smooth. Then add to the large pot with the kale mixture.
- 7 Place soup mixture on the stove and heat on medium-low. Add curry, salt and pepper. Simmer for 5 minutes.
- 8 Serve warm or pour over warm rice.

Notes

Topings, Toasted pumpkin seeds, toasted pine nuts, avocado, chives.

Nutritional Highlights, Kale: A member of the cabbage family, kale is one of the most nutritious vegetables. Tons of Vitamin C and a good source of fiber. Let's not forget calcium (yay for your bones!).

Nutritional Highlights, Cauliflower: A member of the cruciferous vegetable family, cauliflower may lack chlorophyll (green) but still packs in nutrients like Vitamin K, fiber,

potassium, phosphorus and B vitamins. Don't be afraid to try the purple, orange and green varieties!