

Golden Soup - GF, SF, CF, VEG

Comments:

This one feeds a crowd on a budget. It is filling and low-cal and freezes well!

Ingredients:

1 head cauliflower (use the orange colored variety if available) chopped
2 large zucchini shredded
2 large onions chopped
45 stalks celery chopped
45 cloves garlic chopped
1 box chicken broth plus 2 cups filtered water or 1.5 cubes vegetable bouillon dissolved in 6 cups filtered water
½ tsp curry powder (only if tolerated as it contains some black pepper)
1 tsp sweet curry blend without black pepper
1 tsp garlic powder
sea salt to taste
1.5 tbsp olive oil or coconut oil

Directions:

Heat olive or coconut oil on medium in a large soup pot.
Add chopped onion and celery and cook until tender – about 7 minutes.
Add garlic and cook two minutes longer.
Add shredded zucchini and chopped cauliflower and increase heat to medium high.
Stir in curry powders, garlic powder and salt.
Add 1 box chicken broth plus 2 cups filtered water or 6 cups filtered water plus 1.5 cubes vegetable bouillon and bring mixture to a boil.
Reduce heat and simmer 10 minutes or until vegetables are tender.
Place soup in a blender in batches and puree until smooth.

Submitted by: Kaela 08/09