

# *Creamy Cauliflower Soup*

## Ingredients:

- 1 large head cauliflower, cut into small florets (or 1 bag of frozen cauliflower)
- 5 medium potatoes, peeled and diced
- 1 large onion, peeled and diced
- 4 medium carrots, peeled and diced
- 2 celery ribs, diced
- 1 carton (32 ounces) stock
- 1 teaspoon garlic powder
- 1 teaspoon ground coriander
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin
- 1 teaspoon pepper
- 1 teaspoon salt
- 1/2 teaspoon crushed red pepper flakes
- Water or additional stock
- Fresh cilantro leaves
- Lime wedges, optional

## Steps:

- In a stockpot over medium-high heat, bring the vegetables and water to a boil.
- Lower the heat, add the seasonings, cook and stir until the vegetables are tender, about 20 minutes.
- Remove from heat; cool slightly.
- Process in batches in a blender or food processor or with an immersion blender until smooth.
- Adjust consistency as desired with water or additional stock.
- Sprinkle with fresh cilantro. Serve hot, with lime wedges if desired.