

AIP Cauliflower Curry Soup

- by Healing Family Eats

Prep time: 15 minutes

Cook time: 60 minutes

Serves 4

Ingredients -

1 large cauliflower, trimmed and cut into florets
1 medium red onion, peeled and cut into large wedges
4 large garlic cloves, left whole and unpeeled
5 tablespoons extra virgin olive oil
generous pinch coarse sea salt
2 celery stalks, thinly sliced
1/2 teaspoon ground cinnamon
6 dried curry leaves
1 teaspoon ground cumin (stage 1 reintro) - optional
1 teaspoon ground coriander (stage 1 reintro) - optional
5 cups beef bone broth
coconut milk - optional



Preheat the oven to 400F.

Put the cauliflower, onion and garlic into a large roasting pan and drizzle over 3 tablespoons of the olive oil and sprinkle with sea salt. Together well and spread out in the pan.

Bake for 40-45 minutes until tender and browned on the edges, turning mid way.

Heat the remaining olive oil in a large pan and add the celery. Cook on a gentle heat for 6-8 minutes, stirring occasionally.

Add the spices, and stir for 1-2 minutes. Next add the roasted cauliflower and onion, and squeeze the garlic cloves out of their casings and into the pan.

Pour in the bone broth and bring up to a simmer. Cook on a low heat for 15-20 minutes, or until the veggies are very soft.

Transfer to a blender and blend until smooth, adding more broth if necessary. You will probably need to do this in two batches.

Ladle into bowls and drizzle over some extra virgin olive oil. Add a swirl of coconut milk if you like, and serve hot.