



Spicy Cauliflower, Sweet Potato & Butternut Squash Soup (6 servings)

Ingredients

1 Tbsp extra-virgin olive oil	2 Tbsps curry powder
1 large onion - <i>chopped</i>	2 tsps ground turmeric
1 red, yellow & orange bell pepper - <i>chopped</i>	2 tsps ground cumin
1 cup carrots - <i>chopped</i>	1 tsp coconut sugar
1 large head cauliflower - <i>cut into 1" pieces</i>	1/2 tsp ground cinnamon
1 medium butternut squash - <i>cut into 1" pieces</i>	1 tsp white pepper
2 medium sweet potatoes - <i>cut into 1" pieces</i>	1 Tbsp harissa powder
15 oz can coconut milk	1 tsp salt - <i>or to taste</i>
2 cups vegetable broth*	1/4 cup chopped fresh cilantro - optional

Preparation

- In a large pot, heat the olive oil over low heat.
- Add the onion, peppers and carrots and sauté until soft.
- Add sweet potatoes, butternut squash, curry, turmeric, cumin, sugar, cinnamon, harissa, pepper and salt.
- Add coconut milk, and up to 2 cups of vegetable broth.
- Bring to a low boil, reduce the heat, and simmer until the sweet potatoes and butternut squash are fork tender.
- Add the cauliflower and cook for 10 minutes until tender.
- Blend the soup contents with an immersion blender until the desired consistency is reached. If using a standing blender, allow the mixture to cool for 20 minutes.

Serving Suggestion: Sprinkle cilantro and serve hot with a crusty bread.

**Note: 3 vegetable bouillon cubes dissolved in 2 cups of water can be substituted for vegetable broth.*