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Coconut Cauliflower and Chicken Soup

Ingredients

2 tbsp olive oil
1 white onion, sliced
2 cloves garlic
2 carrots, finely diced
1 red pepper, diced
1 large cauliflower head, cut into florets
4 cups low-sodium vegetable broth
1 cup full-fat coconut milk
6 oz. chicken breast, diced
Salt and pepper to taste
1/4 tsp coriander
1-1/4 tsp ground cumin

Directions

1. In a skillet, heat 1 tablespoon olive oil and one clove of garlic over medium heat. Add chicken and saute until no longer pink inside. Take care not to let the garlic burn. Set aside.
2. In a large saucepan, heat the remaining oil and garlic, then add in the onions, red pepper, and carrot. Cook for 2-3 minutes or until tender, transfer to a bowl, and set aside.
3. In the same saucepan, combine broth, cauliflower, coriander, and cumin. Add salt and pepper to taste, and let simmer for 10-15 minutes or until cauliflower is tender.
4. Remove and let mixture cool for 5 minutes. In batches, puree the cauliflower mixture in a blender until smooth.
5. Return puree to pot and add the coconut milk, chicken, and vegetables.
6. Cook over low heat for 5-6 minutes to let the flavors blend, then serve.

Makes 4 servings.