

### Curried Cauliflower and Root Veggie Soup

1	onion chopped
1 large	potato, washed/diced
1 small	cauliflower, chopped
1/2	sweet potato, diced
2	carrots, sliced
2-3 cloves	garlic, peeled & chopped
1 Tbs	ginger root, grated
1 Tbs	Olive or Coconut oil
3 tsp	ground turmeric
3 tsp	ground coriander seeds
2 tsp	ground cumin seeds
2 tsp	mustard seeds
4 cups	vegetable stalk or water
3 tsp	unrefined sea salt
1 1/4 cup	natural yogurt (optional)
	Black pepper to taste (optional)
	Fresh parsley or cilantro to garnish

Heat oil in large pot, add spices, olive oil and 1/4 cup of water

Heat until spices become aromatic (but not burning) and add onion, garlic and ginger. Stir for 2-3 minutes (if getting sticking, add a little more water)

Add remaining vegetables and mix thoroughly with spices. Make sure vegetables are coated. Heat for about 5 minutes.

Add stalk/water and salt. Stir and ensure water covers all vegetables. Cover and simmer for 20 minutes

Can puree in a blender or serve chunky.

Stir in yogurt, garnish with cilantro or parsley.

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