



Lemony Carrot & Cauliflower Soup

INGREDIENTS

2 tablespoons extra-virgin olive oil	1 large white onion, peeled and diced
2 large garlic cloves, finely chopped	1 tsp ginger; finely diced
5 medium carrots; peeled and cut into cubes	
2 teaspoons coriander	½ teaspoon turmeric
1 teaspoon kosher salt	4 cups water and 1 cup vegetable broth
3 tablespoons white miso	1 small head cauliflower, trimmed and cut into florets
½ teaspoon lemon zest	2 tablespoons lemon juice, more to taste

DIRECTIONS

In a large pot, add oil and heat on medium until warm. Stir in onions; cook, stirring occasionally, until soft and lightly colored; 7-10 minutes. Stir in garlic and cook for 1 minute. Add ginger and cook for 1 minute. Add carrots, coriander, turmeric, salt, and water to the pot. Stir in the miso until it dissolves. Bring mixture to a simmer and cook, uncovered, 5 minutes. Stir in cauliflower and cook, covered, over medium-low heat until vegetables are very tender – about 20-30 minutes. Remove the soup from the heat. With an immersion blender, purée the soup until smooth OR puree it in batches in a food processor or blender. Stir in the lemon zest and juice just before serving. Makes 6 servings; 160 calories each.