Garden Chef Curried Cauliflower Soup

2 Tbsp	Extra-virgin olive oil
1	Large sweet onion, chopped
3 Cloves	Garlic, chopped
1	Large head of cauliflower, cut into florets
4 Cups	Low-sodium organic vegetable broth
1 Tbsp	Curry spice blend
1/2 Tbsp	Ground cumin
1/2 Tsp	Cayenne pepper
1/2 Tsp	Sea salt
1 Can	Organic coconut milk
1/2 Cup	Pumpkin seeds, toasted
	Fresh ground black pepper to taste
	Cilantro leaves for garnish

Heat olive oil in a large pan over medium heat. Add chopped onions and sauté until turning translucent. Add garlic and sauté for an additional minute. Add vegetable broth, cauliflower, curry blend, cumin, cayenne pepper and sea salt. Bring to a boil over medium-high heat. Reduce heat, cover adn let simmer for 10 minutes or until cauliflower is tender. Remove from heat and let slightly cool.

Place 2 cups slightly cooled cauliflower in a blender. Add 1/2 cup coconut milk and place top of blender slightly slanted to release steam. Blend until smooth. Repeat until all cauliflower mixture is blended. Season with additional sea salt and pepper. Garnish with toasted pumpkin seeds and fresh cilantro.

ATLANTA BOTANICAL GARDEN

Recipe by Garden Chef Megan McCarthy