



Garam masala is a blend of spices used in South Asian cooking. The blend might include peppercorns, mace, cinnamon, cloves, cardamom and nutmeg. Look for garam masala in the spice aisle of your supermarket.

To toast almonds or other nuts, spread them out on a rimmed baking sheet and toast in a 350°F oven until golden, 5 to 6 minutes. Watch carefully as they burn quickly.

## creamy spicy cauliflower soup

Julie Albert and Lisa Gnat

Cookbook Authors and Bloggers, [bitememore.com](http://bitememore.com)

What do the prize in the cereal box, an extra hour of sleep and this soup have in common? They are all bonuses, and in the case of this velvety spiced cauliflower soup, it comes in the form of having a soup that is creamy but without any cream! Not only is this warmly spiced soup healthy and hearty, it's also super simple to make.

Makes about 6 servings

- 2 Tbsp olive oil
- 1 large onion, finely chopped
- 2 large cloves garlic, minced
- 1 tsp ground cumin
- 1 tsp ground turmeric
- ½ tsp salt
- ½ tsp garam masala (see sidebar)
- ½ tsp ground ginger
- ¼ tsp cayenne
- 6½ cups vegetable stock
- 2 large heads cauliflower, trimmed and cut into florets
- 1 Tbsp fresh lemon juice
- ½ cup toasted slivered almonds (see sidebar)

1. In a large pot, heat the olive oil over medium heat. Add the onion and cook, stirring occasionally, until the onion has softened, about 6 minutes. Stir in the garlic, cumin, turmeric, salt, garam masala, ginger and cayenne. Cook, stirring constantly, for 1 minute.
2. Add the stock and cauliflower florets and bring to a boil over medium-high heat. Reduce the heat to medium-low and simmer, uncovered, until the cauliflower is tender, about 15 minutes.
3. Remove the pot from the heat. Using an immersion blender in the pot, blend the soup until smooth. Stir in the lemon juice.
4. Ladle the soup into warm bowls, then garnish each serving with a scattering of toasted almonds.





# Creamy Spicy Cauliflower Soup

The Soup Sisters Family Cookbook  
by Julie Albert and Lisa Gnat

*Makes about 6 servings*

2 Tbsp	Olive oil
1 large	Onion, finely chopped
2 large cloves	Garlic, minced
1 tsp	Ground cumin
1 tsp	Ground turmeric
½ tsp	Salt
½ tsp	Garam masala
½ tsp	Ground ginger
¼ tsp	Cayenne
6 ½ cups	Vegetable stock
2 large heads	Cauliflower, trimmed and cut into florets
1 Tbsp	Fresh lemon juice
½ cup	Toasted slivered almonds

1. In a large pot, heat the olive oil over medium heat. Add the onions and cook, stirring occasionally until the onion has softened, about 6 minutes. Stir in the garlic, cumin, turmeric, salt, garam masala, ginger and cayenne. Cook stirring constantly for 1 minute.
2. Add the stock and cauliflower florets and bring to a boil over medium-high heat. Reduce the heat to medium-low and simmer, uncovered, until the cauliflower is tender, about 15 minutes.
3. Remove the pot from the heat. Using an immersion blender in the pot, blend the soup until smooth. Stir in the lemon juice.
4. Ladle the soup into warm bowls, then garnish each serving with a scattering of toasted almonds.