



## North African Spiced Cream of Cauliflower

This easy and flavorful soup can be made with or without cream and with chicken or vegetable stock. Enjoy it vegetarian or vegan!

Makes 6 to 8 servings

- 3 tablespoons olive oil
- 1 medium onion, chopped
- 2 stalks celery, chopped
- 1 medium carrot, chopped
- Salt and pepper to season
- 1 medium-large head of cauliflower, leaves removed, stem and floret chopped
- 1 teaspoon curry
- ½ teaspoon smoked paprika
- ¼ teaspoon Garam Masala
- 1 dried ancho chili
- 2 quarts chicken or vegetable stock
- 1 cup half and half or cream (optional)

Heat olive oil in large saucepan over medium-high heat. Add carrots, celery, and onion, and cook, tossing or stirring often, until vegetables are soft and fragrant (don't rush this stage' it's the flavor-building element of most soups and stews).

Season vegetables with salt and pepper, then add cauliflower, spices, and ancho chili. Reduce heat to medium and cook, stirring often, for about 5 minutes. Add chicken or vegetable stock and adjust heat to a low boil until cauliflower is very tender, about 30 minutes. Let cool.

Remove ancho chili and transfer the soup, in batches, if necessary, to a food processor or blender; add half and half or cream, if using. Puree until silky smooth. Adjust seasoning with salt, if necessary, to taste.