

Indian Spiced Soup

Ingredients:

- 2 tablespoons olive oil
- 1/2 teaspoon whole cumin seeds
- 1/4 teaspoon whole fennel seeds
- 1 medium onion, peeled and chopped
- 1 medium potato, peeled and chopped
- 2 teaspoons fresh ginger, peeled and chopped
- 2 garlic cloves, peeled and chopped
- 1 fresh green chili, chopped
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- 1/4 teaspoon ground turmeric
- 1/4 teaspoon red chili or cayenne powder
- 3 1/2 cups cauliflower florets
- 2 medium tomatoes, peeled and chopped
- 1 1/2 teaspoons salt

Directions

1. Heat oil in 4 – 5 quart pot over medium-high heat. Once hot, add cumin seeds and fennel seeds. Pause 2 seconds before adding green chilies; stir one minute.
2. Turn heat to medium-low and add coriander, cumin, turmeric, and red pepper. Stir for 1 minute. Add cauliflower, tomatoes, and salt; stir for 1 minute. Add 3 cups water, stir. Bring to boil over medium-high heat. Cover, lower heat to simmer gently for 25 minutes. If soup is too thick, thin with up to a cup of water for desired viscosity.
3. Let soup cool slightly before blending to desired texture.

Nutrition Facts

Serving Size (217g)
Servings Per Container 4

Amount Per Serving

Calories 150 **Calories from Fat 70**

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 35mg **1%**

Total Carbohydrate 18g **6%**

Dietary Fiber 4g **16%**

Sugars 5g

Protein 4g

Vitamin A 8% • Vitamin C 100%

Calcium 6% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

