




CURRIED VEGETABLE SOUP

A curried soup full of tender vegetables, chickpeas, potatoes, and flavors of ginger and garlic. Serve over Basmati rice for a delicious vegan meal.

Yield: 6



INGREDIENTS

2 tbsp.	Olive Oil
1 Each	Large White Onion, Diced
2 tbsp.	Curry Powder
1 tbsp.	Brown Sugar
3 Each	Garlic Cloves, Minced
1 lb	Peeled White Cooking Potatoes, Diced Large
12 oz	Canned Chickpeas, Drained
2 C	Vegetable Broth
2 Each	Medium Green Bell Peppers, Diced
1 Each	Medium Head of Cauliflower, Cut into Bite-Sized Florets
16 oz	Fire Roasted Tomatoes, Chopped
10 oz	Kale, Blanched and Chopped
1 C	 PLANT BASED COOKING CREME NATURALLY FLAVORED (#o6g9go)
	Salt and Ground Black Pepper, to Taste
	Cooked Basmati Rice for Serving
1 Piece	Fresh Ginger, Peeled and Grated, approx. 1 inch

DIRECTIONS

- 1 Heat oil in a large pot over medium heat.
- 2 Add onion, garlic, curry powder, brown sugar and ginger. Saute briefly until onion becomes translucent and mixture is fragrant.
- 3 Add vegetable broth and bring to a simmer.
- 4 Add potatoes, chickpeas, cauliflower, peppers and tomatoes.
- 5 Return to simmer then cover, and let simmer over low heat for 45 minutes, or until vegetables are soft.
- 6 Add Plant Based Cooking Creme Naturally Flavored and blanched kale, return to simmer.
- 7 Serve in a soup bowl with Basmati rice.