**Curried Cauliflower Soup (GF, V)**

Serves 4

2 TBL Coconut oil

1 large Onion, chopped

2 Garlic cloves, chopped

1 large head Cauliflower, chopped

1 32 oz package Vegetable broth

1 TBL Curry powder

1 12 ounce package frozen Peas and Carrots

Melt coconut oil in a large soup pot over medium heat. Add chopped onion and garlic, Sauté for about 5 minutes until fragrant. Add chopped cauliflower, vegetable broth and curry powder. Simmer for about 20 minutes until the cauliflower is tender.

Transfer contents of the soup pot to a high-speed blender. Blend until smooth. Add back to the pot over low heat and add the frozen peas and carrots. Mix well and warm until peas and carrots are cooked. Serve warm.