

CAULIFLOWER CHOWDER



Pureed soups are nice and all, but sometimes you want something with a little more texture and heft to it: enter chowder! Chowder is a fantastic comfort food, only unlike cheap sugar it's "comfort food" that involves an entire head of cauliflower, miscellaneous other vegetables, healthy fats, and healing [bone stock](#).

The spices here also give the soup a nice depth of flavor without being spicy in the mouth-burning sense: it's more richness than heat. And of course, the bacon doesn't hurt in that regard, either. It's not enough protein to make this a complete meal, but it definitely brings a nice flavor.

If you wanted to make this soup into a full meal on its own, you could easily add some leftover chicken, fish, or other seafood right at the end of the cooking (leave it in just long enough to warm up). White fish would be especially good, or shrimp if you have some ready. It's an especially good way to use up leftovers that might

otherwise get dry or tough if you microwave them – throw in whatever you have and enjoy.

Cauliflower Chowder Recipe



SERVES: 4



PREP: 15 min.



COOK: 30 min.

Ingredients

1 head cauliflower, roughly chopped;
2 garlic cloves, minced;
1 onion, diced;
2 carrots, peeled and chopped;
2 celery stalks, diced;
4 cups chicken stock;
1 cup coconut milk;

1¼ tsp. ground cumin;
1 tsp. ground turmeric;
½ tsp. ground coriander;
fresh dill, to taste; (optional)
4 bacon slices, cooked and crumbled;
Cooking fat;
Sea salt and freshly ground black pepper;

Preparation

Melt some cooking fat in a large saucepan placed over a medium heat.

Add the garlic, onion, carrots, and celery. Cook, stirring occasionally, until tender (about 5 minutes).

Stir in the cauliflower and cook, stirring occasionally, for about 5 minutes.

Add in the chicken stock, cumin, turmeric, coriander, and coconut milk, and stir together.

Bring to a boil; then reduce the heat and let simmer for about 15 minutes or until the vegetables are tender.

Season to taste and serve garnished with bacon and fresh dill to taste.

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