Roasted Cauliflower, Chickpea & Garlic Soup

4 servings

30 minutes

Ingredients

2 heads Cauliflower (Roughly sliced)

2 tbsps Avocado Oil (Divided)

1 Yellow Onion (Diced)

1 Yellow Bell Pepper (Sliced)

1 Garlic Cloves (peeled and chopped)

1/2 tsp Turmeric

1 tsp Ground Coriander

2 cups Chickpeas (Canned, drained and rinsed)

6 cups Vegetable Broth

400 grams Chopped Soft Tofu (Drained and pressed)

1/4 cup Nutritional Yeast

Nutrition

Amount per serving	
Calories	431
Fat	16g
Saturated	2g
Net Carbs	34g
Fiber	17g
Sugar	14g
Protein	30g
Calcium	422mg
Iron	8mg
Vitamin B12	33.8µg

Directions

1. Preheat oven to 200°C (400°F). Toss the cauliflower with 1 tbsp oil, salt, and pepper. Roast for 20-25 minutes until golden.

2. In a large pot, heat 1 tbsp olive oil. Sauté onions, yellow pepper slices and garlic until fragrant, then stir in turmeric and ground coriander.

3. Add roasted cauliflower, chickpeas and vegetable broth to the pot. Bring to a boil over medium-high heat, then reduce the heat to simmer for 15-20 minutes.

4. Add the soft tofu and nutritional yeast, then remove the pot from the heat. Blend using a hand-held immersion blender, until smooth. Return to the heat and bring to a boil over medium heat. Reduce the heat and simmer for 5-10 minutes. Adjust the consistency with more broth if needed, and season to taste before serving.

Notes

Chickpeas: Packed with protein and fibre.

Garlic: Supports immune health and helps reduce inflammation.

Turmeric: Contains curcumin, known for its anti-inflammatory properties. Add black pepper to the soup to help with absorption.

More Protein: Add nutritional yeast during cooking for a boost of protein.