

Coconut Curry Broccoli Soup

Studies have shown that broccoli is capable of preventing a number of health issues, such as hypertension, allergies, diabetes, osteoarthritis and cancer. This Coconut Curry Broccoli Soup is rich in antioxidants, enzymes and potent nutrients for your health.

This rustic soup is really more like a chowder, as it's chocked full of broccoli. Leaves, stalk and all! The combination of flavours here is just amazing!

10 min	25 min	6
Prep Time	Cook Time	Servings

What You Need

- 2 large bunches of broccoli, peel stems and chop everything
- 3 tablespoons coconut oil (extra-virgin olive oil works as well)
- 1 large onion, chopped
- 1 Jalapeño pepper, seeded and minced
- 4 cloves garlic, smashed and minced
- 2 heaping tablespoons fresh ginger, peeled and minced
- 4 cups organic vegetable stock
- 1 tablespoon curry powder
- 1 tablespoon red curry paste
- 1 teaspoon coriander powder
- 1 teaspoon turmeric powder
- ½ teaspoon cumin
- 1 15-ounce can coconut milk (full fat)

Preparation

1. Heat the oil in your soup pot. Add the onions and Jalapeño. Sauté until the onions are golden.
2. Add the garlic and ginger and sauté for another minute or two.
3. Add the broccoli and heat through.
4. Add the vegetable broth and bring to a boil, then lower heat to a simmer.
5. Stir in the curry powder, curry paste, coriander, turmeric and cumin.
6. Place lid on the soup and let simmer for about 20 minutes.
7. Remove from heat.
8. Using a stick blender, blend half of the broccoli mixture (leaving nice chunks of broccoli).
9. Pour in the coconut milk and reheat soup.
10. Garnish with cilantro