



Chefs4You
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Roasted Curry Cauliflower Soup

Adapted from *The Cancer-Fighting Kitchen: Nourishing, Big-Flavor Recipes for Cancer Treatment and Recovery*. Copyright © 2009 by Rebecca Katz



Ingredients:

4-5 cups organic vegetable broth, hot
1 head organic cauliflower, cut into florets, stems peeled and cubed
1 medium yellow onion, diced
2 carrots, peeled and diced small
1 cup finely diced celery
2 tablespoons organic extra virgin olive oil

sea salt (to taste)
fresh cracked pepper
For a more warming soup, add 1 tsp curry powder, ¼ tsp ground cumin, 1/8 tsp cinnamon and ¼ tsp coriander
Optional garnishes: pear-ginger chutney, toasted sesame seeds

Directions:

1. Preheat oven to 400 degrees. Toss cauliflower with 1 tablespoon olive oil and a few pinches of salt, and then spread in an even layer on a sheet pan. Roast until tender and lightly browned, about 20-25 minutes.
2. While cauliflower is roasting, heat the remaining 1 tablespoon olive oil in a large pot and then add onions, celery and carrots and a pinch of salt. Add curry powder, ground cumin, cinnamon and coriander. Sauté until tender and golden, about 10 minutes. Add ½ cup broth to deglaze and cook until reduced by half, then add in roasted cauliflower and 3 cups broth. Bring to just under a simmer.
3. Using an immersion blender, or working in small batches with a regular blender, puree soup, adding more broth to reach desired consistency. Adjust salt and pepper to taste.



Health Benefits Cauliflower provides special nutrient support for three body systems that are closely connected with cancer development and prevention: (1) the body's detox system, (2) its antioxidant system, and (3) its inflammatory/anti-inflammatory system. Chronic imbalances in any of these three systems can increase risk of cancer, and when imbalances in all three systems occur simultaneously, the risk of cancer increases significantly. If we fail to give our **body's detox system** adequate nutritional support, yet continue to expose ourselves to unwanted toxins through our lifestyle and our dietary choices, we can place our bodies at increased risk of toxin-related damage that can eventually increase our cells' risk of becoming cancerous. That's one of the reasons it's so important to bring cauliflower and other cruciferous vegetables into our diet on a regular basis. As an excellent source of vitamin C, and a very good source of manganese, cauliflower also provides a broad spectrum of **antioxidant support** which helps lower the risk of oxidative stress in our cells which is a risk factor for development of most cancer types. As an excellent source of vitamin K, cauliflower provides us with one of the hallmark **anti-inflammatory nutrients**. Vitamin K acts as a direct regulator of our inflammatory response. Chronic unwanted inflammation can significantly increase our risk of cancers and other chronic diseases (especially cardiovascular diseases). The fiber content of cauliflower—over 9 grams in every 100 calories—makes this cruciferous vegetable a great choice for **digestive system support**. Researchers have determined that the sulforaphane made from a glucosinolate in cauliflower (glucoraphanin) can help protect the lining of your stomach. Sulforaphane provides you with this health benefit by preventing bacterial overgrowth of *Helicobacter pylori* in your stomach or too much clinging by this bacterium to your stomach wall.



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