

# Chilled Carrot and Cauliflower Soup

Melissa d'Arabian, Food Network, 7/2011



- 1 tablespoon olive oil
- 1 whole yellow onion, chopped
- 5 medium carrots, peeled and coarsely chopped
- 1/2 head cauliflower, cut into florets
- 1 pinch red pepper flakes
- 2 teaspoons lemon zest
- 1 teaspoon ground cumin, or more to taste
- 2 cups chicken stock, or vegetable stock
- 3/4 cup plain yogurt, divided use
- Kosher salt and freshly ground black pepper
- 1 green onion, finely chopped
- 2 tablespoons fresh cilantro, minced

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>

## Servings: 4

Melissa's original recipe called for a lot more red pepper flakes. It was too much, so it's reduced in this recipe. I used Greek yogurt. And I added in the minced cilantro.

1. Heat the oil in large pot over medium heat. Add the onions and cook until tender, about 5 minutes. Add the carrots, cauliflower, red pepper flakes, lemon zest, cumin, stock, and 2 cups water and bring to a boil. Cover and simmer over low heat until the carrots are very tender, about 30 to 40 minutes.
2. Let the soup cool slightly, and then puree in blender (or use stick blender) in small batches until smooth. Pour the soup into a large bowl and whisk in 1/2 cup of the yogurt. Taste and season with salt and pepper. Chill the soup in the refrigerator for at least 2 hours up to 24 hours. Serve the soup in individual bowls with dollops of remaining yogurt, and some chopped green onion and cilantro.

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Per Serving (excluding unknown items): 125 Calories; 5g Fat (38.5% calories from fat); 4g Protein; 15g Carbohydrate; 4g Dietary Fiber; 6mg Cholesterol; 1133mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.