

BC CAULIFLOWER SWEET POTATO CURRY SOUP



Yields:

approximately 20 x 350 mL servings

INGREDIENTS

Vegetable Oil	40 ml
Garlic, crushed	40 ml
Onion, chopped	1 L
Medium Curry Powder	20 ml
Cinnamon	10- ml
Fresh Ground Black Pepper	1 ml
Cauliflower, chopped	2 L
Vegetable or Chicken Stock	4 L
Sweet Potatoes, peeled & diced	3.5 L
Honey	90 ml

The Burnaby Mountain Secondary Advanced Foods 12 students serve soup and bread every Wednesday from the "Soup Cellar", so named because the kitchen is in the basement of the school. Students and staff can purchase soup, served in their own mug, and bread, or they can put a deposit on a mug which is returned when the mug is returned. Compostable spoons are provided which eventually find their way into the soil in either the school garden or greenhouse in which the herbs for the soups are grown. They've discovered kids love soup, especially on cold, rainy days. They've also discovered that puréed soup sells better – they surmise it's because one can't readily identify the variety of ingredients in the final product! For example, the "Cauliflower Sweet Potato Curry" soup was a great seller – the cauliflower made it creamy and the potato made it sweet.

DIRECTIONS

1. In a large, non-stick saucepan sprayed with vegetable spray, heat the oil. Sauté the garlic and onion until softened, about 5 minutes.
2. Add the curry powder, cinnamon, pepper, cauliflower, stock, sweet potatoes and honey and bring to a boil. Cover, reduce the heat and simmer for 25 minutes or until the potatoes are tender.
3. Transfer to a food processor or blender, and purée until creamy and smooth. Return to the saucepan and thin with more stock if desired. Heat and serve.

