



Dr. Laleh's Cauli-Curry

Ingredients

Amount

Cauliflower Rice (Riced Cauliflower)	4 Cups
Fresh Garlic	6 cloves
Fresh Ginger	2 TBS Sliced
Organic Nutritional Yeast (Braggs)	¼ Cup
Organic Grass fed Beef Bone Broth	1 Carton (4 Cups)
Organic Peas (Frozen is great)	½ Cup
Bamboo Shoots	1X 6 oz Can drained
Water Chesnut	½ C Sliced (3 oz or ½ a can)
Curry powder	1 TBS
Turmeric	2 tsp
Coconut Aminos (Braggs)	2 TBS
Dr. Laleh's All Purpose Spice Blend**	1 TBS
Extra Virgin olive oil	1 TBS
Water	As needed

**** See the recipe for All Purpose Spice Blend (Dr. Laleh.com)**

If more hot and spicy flavor is desired, may add crushed red peppers.

Preparation:

- In a large pot, heat olive oil
- Sauté thin sliced garlic and ginger in oil until golden brown
- Add Cauliflower rice and mix well, cover and cook on medium low for 2 minutes. Stir occasionally.
- Add small amount of bone broth, coconut aminos, and all spices, mix well and cover.
- Add the rest of bone broth and additional water if needed.
- Cover and cook on low for 5-7 minutes.
- Add Nutritional Yeast and mix well, simmer for 15 minutes, mixing periodically.
- When the soup reaches a creamy thick texture, add frozen peas, bamboo shoots and water chestnuts.
- Cook on low for 5-7 more minutes.
- Serve hot.

Nutrition Facts

Servings 6.0

Amount Per Serving

calories 120

% Daily Value *

Total Fat 3 g **5 %**

Saturated Fat 0 g **2 %**

Monounsaturated
Fat 0 g

Polyunsaturated
Fat 0 g

Trans Fat 0 g

Cholesterol 0 mg **0 %**

Sodium 255 mg **11 %**

Potassium 332 mg **9 %**

**Total
Carbohydrate** 14 g **5 %**

Dietary Fiber 5 g **22 %**

Sugars 5 g

Protein 10 g **20 %**

Vitamin A **6 %**

Vitamin C **74 %**

Calcium **4 %**

Iron **9 %**
