



# Make LUNCH. Make CHANGE.

Make your lunch for one week and donate the money you saved to The Stop Community Food Centre.

## Recipe: *Curry Cauliflower Soup*

### Ingredients:

- ¼ cup Sri-Lankan spice mix (or curry powder)
- ¼ cup canola oil
- 2 tbs black mustard seed
- 3 to 4 large onions, sliced
- 1 head of cauliflower, cut into florets
- 2 potatoes, peeled & diced
- ½ bunch of Kale, de-stemmed & chopped
- ½ butternut squash, peeled & diced (optional)
- Salt & pepper to taste
- Cider vinegar to taste
- Water, enough to cover soup ingredients

### Directions:

1. Fry mustard seeds in pot until they begin to pop. Add spice mix, stir, and then immediately add onions. Fry until well browned, at least 10 minutes, scraping bottom to prevent sticking. Add more oil if necessary. Add cauliflower, potatoes, squash, and kale. Stir and add water to cover. Bring to a boil and simmer on lower heat until all ingredients are soft.
2. Using a hand mixer or blender, puree soup until smooth. If desired, strain soup to make smoother. Season with salt, pepper, and vinegar until soup tastes great!

**NOTES:** Don't be intimidated by the list of ingredients. If you are missing something, that is ok. Use whatever vegetables and ingredients are seasonal, fresh, and that you have on hand. Make more and freeze for another day.

Makes 6 to 8 servings



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