



## **CURRIED VEGETABLE SOUP**

A curried soup full of tender vegetables, chickpeas, potatoes, and flavors of ginger and garlic. Serve over Basmati rice for a delicious vegan meal.

**Yield: 6**



## INGREDIENTS

|         |                                                                                     |
|---------|-------------------------------------------------------------------------------------|
| 2 tbsp. | Olive oil                                                                           |
| 1 Each  | Large White Onion, Diced                                                            |
| 2 tbsp. | Curry Powder                                                                        |
| 1 tbsp. | Brown Sugar                                                                         |
| 3 Each  | Garlic Cloves, Minced                                                               |
| 1 lb    | Peeled White Cooking Potatoes, Diced Large                                          |
| 12 oz   | Canned Chickpeas, Drained                                                           |
| 2 C     | Vegetable Broth                                                                     |
| 2 Each  | Medium Green Bell Peppers, Diced                                                    |
| 1 Each  | Medium Head of Cauliflower, Cut into Bite-Sized Florets                             |
| 16 oz   | Fire Roasted Tomatoes, Chopped                                                      |
| 10 oz   | Kale, Blanched and Chopped                                                          |
| 1 C     | <b>RICH'S</b> Culinary Solutions Plant Based Cooking Creme, 4 8-Lb Cartons (#06990) |
|         | Salt and Ground Black Pepper, to Taste                                              |
|         | Cooked Basmati Rice for Serving                                                     |
| 1 Piece | Fresh Ginger, Peeled and Grated, approx. 1 inch                                     |

## DIRECTIONS

- 1 Heat oil in a large pot over medium heat.
- 2 Add onion, garlic, curry powder, brown sugar and ginger. Saute briefly until onion becomes translucent and mixture is fragrant.
- 3 Add vegetable broth and bring to a simmer.

- 4 Add potatoes, chickpeas, cauliflower, peppers and tomatoes.
- 5 Return to simmer then cover, and let simmer over low heat for 45 minutes, or until vegetables are soft.
- 6 Add Plant Based Cooking Creme Naturally Flavored and blanched kale, return to simmer.
- 7 Serve in a soup bowl with Basmati rice.