

Moroccan Cauliflower & Almond Soup (Slow Cooker)

Barbara Marynowski - Hutto Tx
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Servings: 8

*1 large head (3-1/2 pounds)
cauliflower, broken into florets
6 cups vegetable stock
3/4 cup sliced almonds, toasted and
divided
1/2 cup fresh cilantro, minced
2 tablespoons olive oil
1 to 3 teaspoons harissa chili paste or
hot pepper sauce
1/2 teaspoon ground cinnamon
1/2 teaspoon ground cumin
1/2 teaspoon ground coriander
1 1/4 teaspoons salt
1/2 teaspoon pepper
additional harissa chili paste
(optional)
2 tablespoons minced fresh cilantro
(for garnish)*

Preparation Time: 20 minutes

Slow Cooker Time: 6 hours

In a five- or six-quart slow cooker, combine the cauliflower, vegetable stock, 1/2 cup of almonds, 1/2 cup of cilantro, olive oil, harissa chili paste, cinnamon, cumin, coriander, salt and pepper.

Cook, covered, on LOW heat until the cauliflower is tender, six to eight hours.

Puree' the soup using an immersion blender. (Or cool slightly and puree' the soup in a blender.) Return the soup to the slow cooker. Heat through.

Serve with the remaining almonds and cilantro and, if desired, additional harissa paste.

*Make sure that you don't skip
toasting the almonds, it really brings
out their flavor, so a little can go a
long way. To toast them, bake in a
shallow pan in a 350 degree oven for
5 to 10 minutes or cook in a skillet
over low heat until lightly browned,
stirring occasionally.*

*Harissa chili paste is a blend of
different types of chilies, garlic, herbs
and spices. Find it in jars in the spice
section of your grocery store.*

Per Serving (excluding unknown items): 236 Calories; 13g Fat (49.6% calories from fat); 8g Protein; 23g Carbohydrate; 4g Dietary Fiber; 2mg Cholesterol; 1559mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 2 1/2 Fat.