the center
For Naturopathic Medicine & Functional Nutrition



# Quick Detox Soup

| Prep time | Total time | Meal type | Servings |
|---|---|---|---|
| 20 minutes | 45 minutes | Lunch, Side | 8 |

## Ingredients

- 1 onion, sweet, *chopped*
- 4 cloves garlic, *chopped*
- 1 head cauliflower, *chopped* 2" pieces stems included
- 1 Tbs olive oil
- 1 Tbs curry powder
- 3 Tbs miso paste, yellow (chickpea miso)
- 2 cup butternut squash, *cubed* (frozen, defrosted)
- 1/2 cup cashews, raw
- 8 cup water
- 1 Tbs olive oil
- salt, *to taste*
- black pepper, *to taste*

## Directions

### Prep

1. Chop onion, garlic & cauliflower.

### Make

1. In a large soup pot, sauté onion and garlic gently in olive oil until softened and fragrant.
2. Add curry powder and miso paste and stir to coat onions.
3. Add cauliflower, squash, cashews and water. Bring to a boil then reduce heat and simmer until cauliflower is soft, about 15-20 minutes. Add water if necessary to keep cauliflower covered.
4. Remove from heat and let stand until cool enough to purée.
5. Purée soup in batches in blender - be sure cover of blender is on tight as steam from soup could pop lid (we like to cover with a towel just to be sure!)
6. Season with salt and freshly ground black pepper.
7. Ladle soup into bowls and drizzle with olive oil if desired just before serving.

## Nutrition Facts

**Nutrition Facts**

**Amount per serving**

**Calories 164**

| | % Daily Value* |
|---|---|
| **Total Fat** 10g | **12%** |
| Saturated Fat 2g | **8%** |
| Trans Fat N/A | |
| **Cholesterol** N/A | **0%** |
| **Sodium** 276mg | **12%** |
| **Total Carbohydrates** 17g | **6%** |
| Dietary Fiber 4g | **13%** |
| Total Sugars 5g | |
| Sugars, added N/A | **0%** |
| **Protein** 5g | |
| Vitamin D N/A | 0% |
| Calcium 63mg | 5% |
| Iron 2mg | 10% |
| Potassium 503mg | 11% |

Source: Living Plate

## Notes

*chickpea or rice miso will work well too.

*frozen butternut squash works well

*add more or less water dependent on the size of the cauliflower
*use leftover roasted vegetables in place of raw!

## Disclaimer

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each 'NA' indicates a missing or incomplete value.
Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only