

Bite Spoon

Anti-Inflammatory Cauliflower Chicken Soup Recipe - 30 Min

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

For the Soup

- [ ] 1 tbsp olive oil
- [ ] 1 large yellow onion, chopped
- [ ] 2 celery stalks, chopped
- [ ] 2 cloves garlic, minced
- [ ] 1 tbsp freshly grated ginger
- [ ] 1 tsp ground turmeric
- [ ] 1 large head of cauliflower (about 2 lbs), chopped into florets
- [ ] 4 cups low-sodium chicken broth
- [ ] 1 (13.5 oz) can full-fat coconut milk
- [ ] 2 cups cooked and shredded chicken
- [ ] Salt and freshly ground black pepper to taste

For Garnish (Optional)

- [ ] Fresh cilantro or parsley, chopped
- [ ] A drizzle of olive oil
- [ ] Toasted pumpkin seeds

Instructions

1. Begin by setting a large pot or Dutch oven over medium heat. Add the olive oil and let it warm gently. Once it shimmers, add the chopped onion and celery. Let them cook slowly, stirring occasionally, for about 5-7 minutes. You're not looking for color here, but for them to become soft, fragrant, and translucent. This step is your foundation, so don't rush it; this is where the deep, savory flavor of the soup truly begins to build.

2. Now, add the minced garlic, grated ginger, and ground turmeric to the pot. Stir constantly for about one minute until everything is incredibly fragrant. Oh, the smell is just divine! This quick toast of the spices awakens their flavor and infuses the oil with their essence. Be careful not to let the garlic burn. Next, add the cauliflower florets and the chicken broth. Stir everything together and season generously with salt and pepper.

3. Increase the heat to bring the soup to a gentle boil, then immediately reduce the heat to low, cover the pot, and let it simmer for about 15-20 minutes. The goal is to cook the cauliflower until it is completely tender and can be easily pierced with a fork. This simmering time allows the flavors to meld together beautifully. The cauliflower will absorb all those wonderful aromatics, becoming the perfect base for our creamy soup.

4 Once the cauliflower is tender, it's time to create that velvety texture. You can use an immersion blender directly in the pot, blending until the soup is completely smooth. Alternatively, carefully transfer the soup in batches to a stand blender and blend until silky. Return the blended soup to the pot over low heat. Stir in the shredded chicken and the full-fat coconut milk. Let it heat through gently for a few minutes, but do not let it boil. Taste and adjust the seasoning with more salt and pepper if needed. Ladle into bowls, garnish as you wish, and enjoy that warm, comforting goodness.

Nutrition per serving

320 kcal	20 g	12 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- For an extra layer of flavor, you can roast the cauliflower florets in the oven with a bit of olive oil and salt before adding them to the soup. This brings out a lovely nutty sweetness.
- If the soup seems too thick for your liking after blending, you can thin it out with a little more broth or water until it reaches your desired consistency.
- The flavors of this soup deepen beautifully overnight, making it a perfect candidate for leftovers. The ginger and turmeric become even more pronounced.