



Curried Potato and Vegetable Soup



Vegetarian



Gluten Free



Popular

READY IN



55 min.

SERVINGS



8

CALORIES



186 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 Tbsp butter
- ☐ 1 onion yellow chopped
- ☐ 0.5 bell pepper yellow chopped
- ☐ 1 large carrots chopped
- ☐ 0.5 teaspoon cumin seeds
- ☐ 1 teaspoon turmeric
- ☐ 2 teaspoons curry powder
- ☐ 1 teaspoon mustard seed yellow

- ☐ 2 cloves garlic minced
- ☐ 2 lbs yukon gold potatoes peeled quartered cut into 1/2-inch slices
- ☐ 4 cups vegetable broth for vegetarian option (use vegetable broth)
- ☐ 2 cups water
- ☐ 2 cups cauliflower florets roughly chopped ()
- ☐ 1.5 teaspoons salt to taste (more)
- ☐ 1 cup corn kernels frozen fine (is)
- ☐ 2 small summer squash yellow roughly chopped
- ☐ 0.5 cup cilantro leaves fresh chopped for garnish (or parsley)

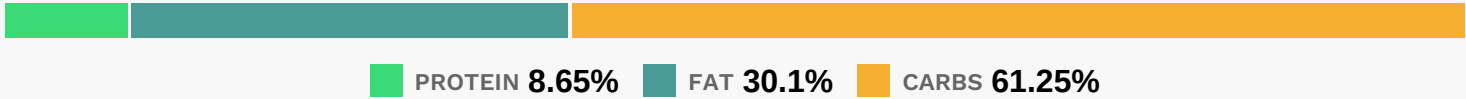
Equipment

- ☐ pot
- ☐ blender
- ☐ immersion blender

Directions

- ☐ Sauté onions, bell pepper, carrot, and cumin: In a large pot (6-quart), melt butter over medium high heat.
- ☐ Add the onion, bell pepper, carrot and cumin seeds. Cook, stirring occasionally until the onions are soft and the bell pepper is lightly browned.
- ☐ Add the turmeric, mustard seed, and curry powder and cook for a minute more.
- ☐ Add garlic and cook 30 seconds more.
- ☐ the potatoes, the broth, water, cauliflower, and salt. Increase the heat to high to bring to a boil, then reduce heat to medium-high or medium, enough to maintain a simmer.
- ☐ Let simmer uncovered for 20 minutes.
- ☐ the corn and summer squash, cook for 10 minutes more, until the vegetables are cooked through.
- ☐ Purée half the soup: Use an immersion blender (or a regular blender) to purée about half of the soup. Adjust seasonings.
- ☐ Garnish with chopped cilantro (or parsley, though cilantro is particularly good with this soup).

Nutrition Facts



Properties

Glycemic Index:49.2, Glycemic Load:16.29, Inflammation Score:-10, Nutrition Score:13.541304244295%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg

Nutrients (% of daily need)

Calories: 186.23kcal (9.31%), Fat: 6.55g (10.08%), Saturated Fat: 3.81g (23.84%), Carbohydrates: 30g (10%), Net Carbohydrates: 25.39g (9.23%), Sugar: 5g (5.56%), Cholesterol: 15.27mg (5.09%), Sodium: 1019.67mg (44.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.24g (8.48%), Vitamin C: 55.59mg (67.38%), Vitamin A: 2091.07IU (41.82%), Vitamin B6: 0.52mg (25.86%), Potassium: 750.19mg (21.43%), Manganese: 0.4mg (19.94%), Fiber: 4.6g (18.41%), Folate: 57.13µg (14.28%), Vitamin K: 12.33µg (11.74%), Phosphorus: 114.67mg (11.47%), Magnesium: 45.65mg (11.41%), Vitamin B1: 0.15mg (9.82%), Copper: 0.19mg (9.74%), Vitamin B3: 1.91mg (9.57%), Iron: 1.64mg (9.13%), Vitamin B2: 0.13mg (7.67%), Vitamin B5: 0.7mg (6.96%), Zinc: 0.69mg (4.61%), Calcium: 41.88mg (4.19%), Vitamin E: 0.48mg (3.19%), Selenium: 1.84µg (2.63%)