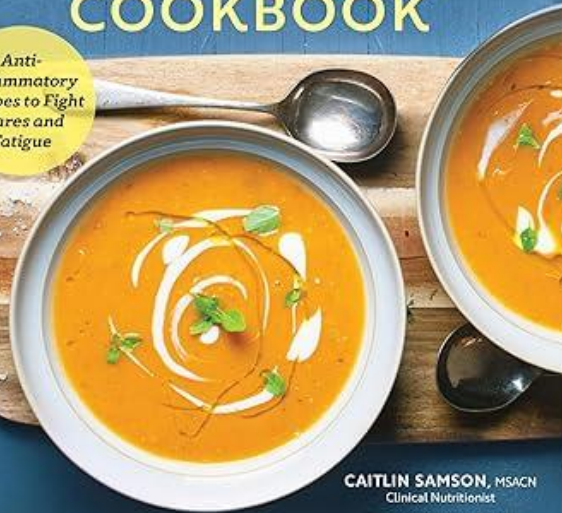


THE RHEUMATOID ARTHRITIS COOKBOOK

Anti-
Inflammatory
Recipes to Fight
Flares and
Fatigue



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Golden Cauliflower Soup

P F V GF

SERVES 4
HANDS-ON TIME: 20 MINUTES.
TOTAL TIME: 50 MINUTES.

- 1 head cauliflower, cut into chunks (about 4 cups)
- 1 shallot, roughly chopped
- 1 carrot, roughly chopped
- 2 tbsp extra-virgin olive oil, divided
- ½ tsp sea salt
- 2 cloves garlic, peel on
- 1½ tbsp peeled and chopped ginger
- 2 tsp each ground turmeric and ground cumin
- 1 tsp smoked paprika
- ¼ tsp each red pepper flakes and ground black pepper
- 4 cups low-sodium vegetable broth, divided
- 1 13.5-oz BPA-free can full-fat coconut milk
- fresh cilantro sprigs, for serving



1. Preheat oven to 350°F. Line a large baking sheet with parchment paper. Place cauliflower, shallot and carrot on sheet and toss with one-half of oil. Sprinkle with salt. Wrap garlic in a small square of foil and place on the baking sheet. Bake for 20 minutes, until cauliflower and carrot are starting to turn golden and are fork-tender. Set vegetables aside to cool for about 10 minutes.

2. Meanwhile, heat a large saucepan on medium. Add remaining one-half of oil, ginger, turmeric, cumin, smoked paprika, pepper flakes and black pepper. Toast spices for 1 minute. Add one-quarter of broth and coconut milk, bring to a simmer then reduce heat to medium-low. Simmer for 5 minutes.

3. When cool enough to handle, remove garlic from foil, remove peel and discard. To a blender, add garlic and remaining roasted vegetables and ginger mixture. Blend on low and slowly increase speed to purée the vegetables. Slowly stream in remaining three-quarters of broth and blend until very smooth, about 1 minute. Return to saucepan over medium heat until heated through. Top servings with cilantro.

NOTE: If following our Meal Plan, freeze 2 servings of the soup, thaw and reheat when called for. Refrigerate remaining soup.

PER SERVING (¼ of recipe): Calories: 318; Total Fat: 28 g; Sat. Fat: 19 g; Monounsaturated Fat: 6 g; Polyunsaturated Fat: 1 g; Carbs: 16 g; Fiber: 5 g; Sugars: 5 g; Protein: 5 g; Sodium: 429 mg; Cholesterol: 0 mg