# Curried Vegetable Soup

Curried Vegetable Soup from the original efishinsea.net site from 2004!



**SERVINGS** 5 servings

## Ingredients

- **2 Tb** vegetable oil
- **1** large onion (chopped)
- **1 clove** garlic (minced)
- **4 tsp** curry powder (or more to your taste)
- **3 to 4 C** small cauliflower florets (to your taste)
- **1** large potato (peeled & cut into 1/2-inch dice)
- **1 C** frozen peas
- **4 C** chicken or vegetable stock
- **1/2 C** canned crushed tomatoes or tomato puree
- **3/4 tsp** salt
- **1/2 C** sour cream
- **3 T** unbleached all-purpose flour

## Method

1. Heat the oil in a medium-size soup pot over medium heat. Add the onion and cook, stirring, until translucent, 8 to 9 minutes. Stir in the garlic and curry powder and cook over low heat, stirring, for 1 minute.

2. Add the vegetable, stock, tomotes, and salt, bring to a boil, reduce the heat to moderately low, and cover. Simmer just until the vegetables are tender, 10 to 12 minutes.
3. While the vegetables cook, whisk the sour cream and flour together in a small bowl. Add a ladleful of the broth to the mixture and whisk again. When the vegetables are tender, stir in the sour cream mixture into the soup. Simmer, stirring, often, for 8 to 10 minutes; don't worry if there are small lumps of flour in the soup---they should cook out. Briefly whisking the broth might help. Taste the soup before serving, adding a bit more salt or curry powder if needed.
4. Makes 5 to 6 servings.
5. Soup makes the Meal by Ken Haedrich

## Notes

> Note: The broth has good body and, unlike some soups made with sour cream, you don't have to worry about it curdling if it comes to a low boil: mixing the flour with the sour cream before blending it into the soup keeps the sour cream from breaking. Just don't bring the soup to a ROLLING BOIL.