



Curried Cauliflower Soup

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| 1 pkt. Ketogenic Soup
—Savory Chicken | 1/4 tsp. turmeric powder |
| 1 cup cauliflower, diced | 1/4 tsp. cumin seeds |
| 1 garlic clove, chopped | 2 tsp. MCT Oil |
| 1/4 tsp. ginger, grated | 1 cup chicken broth |
| 1/4 cup red onion, diced | Sea salt to taste |

Directions:

In a large skillet, add MCT Oil and cumin seeds. Once the cumin seeds crackle, add turmeric powder, red onion, garlic, and ginger. Sauté for 2-3 mins on medium heat. Add chicken broth and cauliflower; cook until tender. Add salt to taste. In a bowl, add the contents of the Ketogenic Soup. Remove cauliflower mixture from the skillet and pour into bowl. Stir well. Enjoy!

Nutrient Analysis:

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|---------------------------|-------------------|
| Total Calories: 500 | Fiber: 1 g |
| Fat: 39 g | Added Sugars: 0 g |
| Total Carbohydrates: 13 g | Protein: 24 g |



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Genetic Potential Through Nutrition