



Nutrition Facts

Serving Size		1 12th recipe
Amount Per Serving		
Calories 150		
		% Daily Value
Total Fat	4.5g	7%
Saturated Fat	1g	5%
Cholesterol	10mg	3%
Sodium	1290mg	54%
Total Carbohydrate	22g	7%
Dietary Fiber	3g	12%
Protein	8g	16%
Vitamin A	%	Vitamin C %
Calcium	%	Iron %

CURRIED CAULIFLOWER AND CHICKEN CHOWDER



Total Time
**NOT
AVAILABLE**

Serving Size
1 12TH RECIPE

Difficulty
EASY

Yields
12

INSTRUCTIONS

1. Prepare soup with water as directed.
2. Sauté cauliflower, onions, curry paste and garlic in oil for 5 to 8 minutes or until cauliflower is well coated and starts to soften.
3. Stir cauliflower mixture into soup; bring to simmer. Cook for 8 to 10 minutes or until cauliflower is tender.



Tip

For each portion, ladle 1 1/3 cups (330 mL) into bowl; garnish with 1 tsp (5 mL) chives.