



## 10 Day Alkaline Challenge

### Menu Plan - Day 8 - Recipes

#### Lunch

#### Chilli & Cauliflower Soup - Serves 2

##### INGREDIENTS:

600ml vegetable stock  
1/2 onion, diced  
1 cauliflower head, chopped  
1/4 small red chilli, de-seeded & finely chopped  
1 potato, peeled & diced  
1/2 clove garlic, minced  
1/2 tsp paprika  
1 tsp cumin  
1/2 tsp allspice  
large pinch of sea salt & pepper  
sprinkling of parmesan or vegan parmesan to serve

##### METHOD:

1. Bring the vegetable stock to the boil
2. Add the onion, cauliflower and potato to the stock and simmer for 5 minutes
3. Add in the chilli and garlic, stir in well and cook for a further 5 minutes. Sprinkle in the paprika, cumin and allspice and season with salt and pepper
4. Simmer for a further 10-15 minutes or until the vegetables are tender
5. Use a hand blender to blend the soup until you have a smooth, lump free texture
6. Serve with a sprinkling of the cheese of your choice

**NOTE:** This soup can also be made in a soup maker

**NUTRITIONAL NOTE:** Cauliflower is a great alkaline food and helps your body to absorb iron more efficiently