



# Cauliflower and Curry Pasta Soup

## Ingredients:

- 1 ¼ lbs. smoked ham, lean
- 8 cups 98% fat free chicken broth
- 8 cups cauliflower, chopped
- 2 packets Diet Right Chicken Alfredo Pasta
- 1 tsp curry paste
- 1 tbsp olive oil

## Directions:

1. Combine chicken broth, cauliflower, curry, and bring to a boil.
2. Simmer for 30 minutes or until cooked.
3. Add packets of Diet Right Chicken Alfredo Pasta.
4. Simmer for 5 minutes.
5. In hot olive oil, sauté the smoked ham until golden.
6. Add ham to soup and serve very hot.

Servings: makes 5 servings.

Each serving = 1½ cups select vegetables, ½ protein product, 1 tsp healthy fat, 2 oz. lean protein.

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