

Creamy Cauliflower Chowder with Bacon

Adapted from a ketogenic recipe found online, Free to Keto



Servings: 10

NOTE: I use Trader Joe's canned coconut cream in this recipe because it really has no flavor - no discernible coconut flavor anyway. I didn't want coconut flavor in this soup, but liked the creaminess that coconut cream adds. You may substitute heavy cream in a smaller quantity, about 3/4 cup maximum. You can use riced cauliflower, but you'll lose a lot of chewy texture by doing so. I prefer something to bite into, which you won't get with the riced type.

1. Heat large soup pot and cook chopped bacon until it renders a tablespoon or two of fat.
2. Add onion and celery to the pot and saute until well softened.
3. Add in garlic and saute until fragrant, about 30-45 seconds.
4. Add in the cauliflower and spices and saute for about one minute only.
5. Add in the coconut cream, creme fraiche and chicken stock. Bring to a boil and then lower heat to a simmer and cover to simmer for 10 minutes.
6. Remove about 3 cups of broth from the soup and use immersion blender to puree with the cream cheese. Pour back into soup pot.
7. Heat through and simmer until cauliflower is just barely cooked. Add in the cheddar cheese. If preferred, use immersion blender to make smoother. Taste for seasonings (probably will need more salt).
8. Serve with chopped chives on top.

- 3 slices thick-sliced bacon, sliced crosswise into small pieces
- 1 medium onion, chopped
- 3 medium celery stalks, chopped
- 1 teaspoon salt, or to taste
- 1 teaspoon pepper
- 1/2 teaspoon onion powder
- 2 cloves garlic, minced
- 4 ounces cream cheese
- 4 ounces creme fraiche, optional
- 12 ounces coconut cream, Trader Joe's
- 1 head cauliflower, sliced into small pieces
- 7 cups chicken broth
- 1 1/2 cups white cheddar cheese, grated (I used goat cheddar)
- 4 tablespoons chives, chopped, for garnish

Per Serving (excluding unknown items): 300 Calories; 27g Fat (79.9% calories from fat); 9g Protein; 6g Carbohydrate; 1g Dietary Fiber; 44mg Cholesterol; 1936mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 5 Fat.

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