

CREAMY CAULIFLOWER CHOWDER

yield: **6 SERVINGS**

prep time: **15 MINUTES**

cook time: **25 MINUTES**

total time: **40 MINUTES**

Keto comfort food at its best! You're going to love how reminiscent this is of traditional potato chowder.

INGREDIENTS

- 6 slices bacon, cooked & crumbled
- 2 tablespoons bacon fat (reserved from cooking process)
- 2 tablespoons butter
- 1 large head cauliflower, broken into small florets (no larger than 1 inch)
- 1/2 cup yellow or orange bell pepper, diced
- 1 cup leeks, finely chopped (divided) just the white & light green part of the leek (can substitute green onions)
- 1/2 cup yellow onion, diced
- 1/2 cup celery, diced
- 3 cloves garlic, finely chopped
- 1 teaspoon thyme, finely minced
- 1/8 teaspoon cracked pepper
- 1/8 teaspoon cayenne
- 1/2 teaspoon salt
- 4 cups chicken broth (1 quart)
- 1/2 cup block cream cheese, 4 oz. (softened at room temp)
- 1/2 cup heavy whipping cream
- 1 cup cheddar cheese, shredded (divided)
- 1/2 teaspoon xanthan gum (optional for thickening)

DIRECTIONS

- 1 Prep your veggies so they're all set to go when the cooking begins. Be sure that your cauliflower pieces are about 1 inch or smaller.
- 2 Add bacon fat and butter to a medium/large pot over medium heat. As the butter begins to bubble, add bell pepper, 1/2 cup leeks (save the rest for topping), onion, celery, garlic, and thyme. (DO NOT add the cauliflower until step 3.) Increase to medium/high heat and cook for about 5 minutes or until the onions are beginning to brown and caramelize.

- 3 Now it's time to add the cauliflower pieces, chicken broth, cayenne, salt, and pepper. Bring to a boil. Cover and reduce heat to low allowing to simmer for 10 minutes. The cauliflower should become nice and soft.
- 4 Remove lid and add softened cream cheese, 1/2 cup cheddar cheese (save the rest for topping), and heavy whipping cream. Stirring or whisking frequently, cook for another 3-5 minutes, allowing cheeses to melt and fully incorporate into the broth.
- 5 Your mixture will now look like a creamy soup. If you prefer a thick chowder texture (as I do), add 1/2 teaspoon of xanthan gum by lightly sprinkling the powder over the broth. Using a whisk, mix the powder into the broth stirring constantly for another couple of minutes as the xanthan gum works its magic.
- 6 Remove from heat and allow to cool for a few minutes before serving. Top each individual bowl with remaining cheese, leeks, and crumbled bacon. Enjoy!

NUTRITIONAL INFORMATION

Yield: 6 servings, Serving Size: Approx. 1 1/4 cup

Amount Per Serving: Calories: 404, Total Carbohydrates: 14g, Fiber: 5g, Net Carbohydrates: 9g, Total Fat: 28g, Protein: 13g

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