



Loaded Baked No 'tato Soup



1/5th of recipe (about 1 cup): 149 calories, 4.5g total fat (2.5g sat. fat), 638mg sodium, 17.5g carbs, 3.5g fiber, 10.5g sugars, 10.5g protein

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Prep: 15 minutes **Cook:** 50 minutes



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Ingredients

6 cups chopped cauliflower (about 1 large head)
2 cups fat-free milk
1/3 cup shredded reduced-fat cheddar cheese
1 cup chopped onion
1 cup chicken or vegetable broth
1 tbsp. chopped garlic
1/2 tsp. salt
1/4 tsp. black pepper
3 slices center-cut or turkey bacon
5 tbsp. light sour cream
5 tbsp. chopped scallions

Directions

Bring a large pot of water to a boil. Add 4 cups cauliflower. Cook until very tender, about 15 minutes.

Drain water, and transfer cauliflower to a blender or food processor. Add milk and cheese. Puree until mostly smooth and uniform.

Spray the empty pot with nonstick spray, and bring to medium-high heat. Cook and stir onion until mostly softened, about 4 minutes.

Add cauliflower puree, remaining 2 cups chopped cauliflower, broth, garlic, salt, and pepper.

Bring to a boil.

Reduce to a simmer. Cover and cook for 15 minutes, or until cauliflower is tender.

Meanwhile, cook bacon until crispy, either in a skillet over medium heat or on a microwave-safe plate in the microwave.

Before serving, top each portion with 1 tbsp. each sour cream and scallions. Chop or crumble bacon, and sprinkle over each serving (about 1 tbsp. each).

MAKES 5 SERVINGS

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