



## 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

**Green Plan [SmartPoints](#)® value 3\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 3\***

**Purple Plan [SmartPoints](#)® value 3\***

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



Tagged: [Lunch & Dinner Recipes](#), [Four or More Servings](#)

### 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**

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.