



Instant Pot Keto Loaded Cauliflower Soup (Dairy-Free)

Active Time: 10 minutes | **Total Time:** 30 minutes | **Serves:** 8

Nutrition Information Per Serving

219.9 calories, 6.06 g carbohydrate, 2.46 g fiber, 3.6 g NET carbs, 7.18 g protein, 19.86 g fat

Ingredients

- 1/2 Tbsp(s) Bob's Red Mill Nutritional Yeast
- 2 ounce(s) Kite Hill Soft Fresh Original
- 3 cup(s) Pacific Organic Bone Broth (Chicken)
- 1 head cauliflower, chopped
- 1/4 medium(s) onion, chopped
- 2 clove(s) garlic, chopped
- 8 slice(s) pastured bacon, cooked
- 6 Tbsp(s) virgin coconut oil
- 1/2 cup(s) coconut milk (full fat)
- 1 large green onion, minced
- 1/2 tsp(s) sea salt

Preparation

1. Add the coconut oil to the vessel of the Instant Pot and turn to Saute.
2. While the oil melts, chop the onion and garlic. Add to the Instant Pot and cook for 3-4 minutes, stirring occasionally.
3. Add the broth and deglaze the pan. Add the chopped cauliflower and sea salt. Close and lock the lid. Set pressure to HIGH and time to 5 minutes.
4. When time is up, allow the pressure to release naturally.
5. Meanwhile, cook the bacon and chop the green onion.
6. Using an immersion blender, blend the soup carefully until smooth.
7. Add the Kite Hill cream cheese, coconut milk and nutritional yeast if using. Blend again to incorporate.
8. To serve, ladle into bowls, top with crumbled bacon and green onions.

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