

# Bacon Ranch Cauliflower Chowder

From Kuntry Keto



## Ingredients:

- 1 med head of Cauliflower (*roughly chopped*)
- 1/2 Small Onion (*chopped*)
- 2 cups Chicken Bone Broth
- 1 1/2 cup Sharp Shredded Cheese
- 5 oz Cream Cheese (*cut into cubes*)
- 6 slices of Bacon (*chopped/crumbled*)
- 2 tbsp Butter
- 2 tbsp Sour Cream
- 2 tbsp Minced Garlic
- 1 1/2 tbsp Ranch Seasoning (*I made home made ranch seasoning courtesy of [OneHundredDollarsAMonth.com](http://OneHundredDollarsAMonth.com) see picture.*)
- 1 tbsp Crushed Red Pepper Flakes
- 1 tbsp Louisiana Hot Sauce (*\*\*optional - enhances flavor and adds a great color*)

1. Bake Bacon on 350° until desired crispiness
2. In stew pot/dutch oven melt butter and add onion, garlic and red pepper flakes. Cook until softened 2 to 3 minutes,
- 3 Add cauliflower and chicken bone broth, bring to a rapid boil and then turn heat down to low and simmer until cauliflower is soft. (About 30 minutes)
4. While chowder is cooking, chop bacon or crumble. I like bigger bites. Cut cream cheese into cubes and shred cheese.
5. Check cauliflower and when completely tender , add cream cheese, sour cream, ranch seasoning, shredded cheese,

6. Use an immersion blender or food processor and puree the soup. (Be careful not to splatter chowder is very hot)
7. Add bacon and mix thoroughly.

Chowder is great by itself, but you can top with bacon, sour cream, green onions, more cheese, etc etc. Just make sure you include those macros.

Recipe makes 10 cups. Each serving is 1 cup.

Macros for 1 serving (1 cup)

3 g Net Carbs 15 g Protein

22 g Fat 274 Calories

*\*\*Remember Macros can change depending on the ingredients you use. The macros posted are strictly based on the ingredients I used creating recipe.*