

Cauliflower Cheese Soup

Wholesome goodness – substantial enough on it's own or serve it with a salad 😊

Ingredients

- 1 small head cauliflower, broken into flowerets
- 1 cup shredded carrot
- 1 stalk celery, diced fine
- 1 small onion, diced fine
- 2 cloves garlic, minced
- 1 cup water
- ½ cup chicken broth
- 1 packet protein [Cheese Dip mix](#)
- ½ cup half and half
- ½ cup shredded cheddar cheese
- Bacon bits for garnish
- Green onion for garnish



Directions

1. Cook cauliflower, carrots, celery, onion & garlic in 1 cup of water until cauliflower is tender. Remove from heat and mash with potato masher.
2. Prepare Cheese Dip mix according to directions for soup. Add to cauliflower mixture.
3. Add chicken broth and half & half. Return to heat and bring to a simmer. Stir in ½ cup shredded cheddar cheese.
4. Serve with bacon bits and green onion garnish (if desired).

Makes 4 servings

Nutrition Facts:

Calories	165
Total Fat	9g
Total Carbohydrates	11g
Dietary Fiber	3g
Protein	11g