

# Bacon-Cheddar Cauliflower Chowder



Serves 8

Ingredients:

- 8 slices center-cut bacon, chopped and divided
- 1/2 small onion, chopped OR 1 teaspoon onion powder
- 1 celery stalk, chopped
- 2 garlic cloves, minced
- salt & pepper
- 4 cups shredded or grated cauliflower (1/2 large head)
- 2 Tablespoons water
- 2 Tablespoons gluten-free or all-purpose flour

Adapted from [IowaGirlEats.com](http://IowaGirlEats.com)

- 2 cups chicken broth, divided
- 2 cups 2% milk
- 3 to 4 dashes hot sauce
- 2-<sup>1</sup>/<sub>2</sub> cups shredded sharp cheddar cheese, divided
- 2 green onions, chopped (optional)

#### Instructions:

1. Whisk together flour and <sup>1</sup>/<sub>4</sub> cup chicken broth in a small bowl then set aside.
2. Sauté bacon in a large soup pot over medium heat until crisp. Using a slotted spoon, transfer bacon to a paper towel-lined plate then remove all but 1 tablespoon drippings from the pot.
3. Add chopped onion (if using,) celery, and garlic to the pot then season with salt and pepper and sauté until vegetables are tender, about 4-5 minutes.
4. Add cauliflower and onion powder (if using) to the pot then stir to combine. Add water then place a lid on top and steam cauliflower until tender, stirring a couple times, about 5-7 minutes. Add remaining chicken broth and milk then turn up heat and bring to a boil.
5. Slowly whisk in flour/chicken broth mixture while stirring, then turn down heat and simmer for 3-4 minutes, or until chowder has thickened.
6. Turn off heat then stir in 2 cups cheddar cheese a little at a time until smooth, then stir in half the cooked bacon.
7. Taste and adjust salt, pepper, and/or hot sauce if necessary. Serve topped with remaining shredded cheese, cooked bacon, and green onions, if desired.

Nutrition per serving: Calories 254; Total Fat 17.9 g; Saturated Fat 9.3 g; Monounsaturated Fat 5.3 g; Polyunsaturated Fat 1.3 g; Total Carbohydrates 8.9 g; Dietary Fiber 1.3 g; Sugar Alcohols 0.1 g; Sugars 4.9 g; Protein 14.9 g; Sodium 672 mg