

# HEALTHY COOKING

## ▶ BLUE CHEESE, BACON & CAULIFLOWER SOUP



SERVES 4

### INGREDIENTS

- ▶ 200g bacon
- ▶ 3 Tbs butter
- ▶ 2 leeks, halved lengthwise and chopped
- ▶ 2 cups mushrooms (white button, shitake, cremini or Portobello), sliced
- ▶ 1 ½ cups cauliflower florets
- ▶ 3 cups (750ml) chicken or vegetable stock
- ▶ 1/2 cup water
- ▶ 140g crumbled blue cheese

Cook the bacon until crispy, remove strips from pan and place on a paper towel to draw off remaining fat. When cool, dice and set aside.

Melt butter in a large soup pot over medium heat. Add leeks, mushrooms and cauliflower, cover and cook 5 minutes, stirring occasionally. Add chicken stock and water; bring to a boil then lower heat and cover, simmer for 10 minutes until vegetables are very tender.

Puree soup in batches in a blender or food processor. Return pureed soup to the soup pot. Add the blue cheese and puree until smooth. Heat through over low heat, if necessary. Top with bacon just before serving.

**Each serving:**

**Protein: 15.0g | Carbohydrate: 4.9g**