

CAULIFLOWER & LENTIL SOUP

Time: 30 minutes

Serves: 6

Ingredients:

4 thick strips bacon – sliced to ¼” matchsticks
1 onion – chopped
19 ounce can lentils – rinsed and drained
2 pounds cauliflower florets – cut into bite size pieces
8 cups chicken stock
2 teaspoons dried rosemary – crumbled
¼ teaspoon crushed red chili
¼ teaspoon fresh ground black pepper
2 tablespoons parsley - chopped
2 teaspoons or to taste kosher salt

Preparation:

Place a large pot on medium heat and add the bacon. Cook, stirring occasionally until just browned. Remove the bacon with a slotted spoon and set it aside.

Discard all but two teaspoons of the bacon fat and add the onion to the pot, stirring occasionally for three minutes.

Stir in the lentils, cauliflower, stock, rosemary, chili and pepper. Partially cover the pot and turn the burner to high. Once a boil is reached, reduce heat to simmer and cook for fifteen minutes.

Return the bacon to the pot. Stir in the parsley and salt to taste.

Serve immediately.

Nutritional Information Per Serving:

Calories: 237
Fat: 12g
Carbs: 24g
Fibre: 10g
Protein: 11g