

Bacon Cheese Soup

Serves: 6

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IN THE POT:

- 1 pound bacon, cut into chunks with kitchen shears
- 1 medium onion, roughly diced (I used yellow) *Do Not cut too small! Nickel-sized is great.
- 6 cloves garlic, minced (2 Tbs. from a jar is fine too, but I had fresh on hand this time)
- 4 cups chicken broth - I like using whole containers!
- 1.5 cups heavy whipping cream (fluid)
- 2 small sweet potatoes, in chunks (again, do not chop them too small or they will disappear under pressure) I prefer "white" Jerseys over the orange yams, and carbs are lower too, but I calculated this using the easier to find 'yams', and figured 2 cups cubed.
- 1 Tbs black pepper or more to taste (We like a lot of pepper here. Makes the beer go down better.)

AFTER THE FIRST COOK:

- 2 Tbs water
- 1 Tbs organic cornstarch - or any lower-carb thickener you prefer
- 1 cup shredded Cheddar or other hard cheese



ADD WHEN SERVING:

- reserved bacon
- 1/2 cup chopped fresh onion (I used red)
- 1 cup additional shredded cheddar cheese

Add the cut-up bacon to the Pot (I use kitchen shears and cut through several pieces at once because easy is always best.) Cook on the sauté setting while stirring frequently. Remove browned bacon pieces with a slotted spoon and set aside to drain. Remove and discard (who are we kidding? Save it for later!) some of the bacon fat if it looks like you have more than 2-3 Tbs. in the bottom of the InstantPot.

Add the diced onion to the pot and cook until translucent. This should deglaze the pan nicely and fill the house with mouth-watering aromas. Shoo out inquiring family members as needed, assuring them it will only be about 30 minutes until they can eat.

Add the garlic and cook for another minute or so, stirring constantly.

Add the chicken broth, heavy cream, potatoes (if using) and pepper to the pot. Seal the lid (not venting, make sure the top knob is on 'seal'). Cook at high pressure for 8 minutes, then quick release the pressure. *If you do not have an InstantPot, just simmer it on the stove for half an hour, instead of the pressure cooking.

Mix the water and cornstarch or other thickener.

Once the pin has dropped on the lid and you can open it, remove the lid and set the pot to sauté. Cook the soup until it is boiling, stirring gently so as to not break up the potatoes. Add the thickener and cheddar cheese and stir until melted and thick.

Divide the reserved chopped bacon, additional onions, and additional cheese over the tops of the bowls, or allow people to add it themselves. I prefer the second option, because there is more of a chance that there will be some leftover bacon for ME.

AS WRITTEN 20 Net Carbs & 615 calories Per Serving: 48.8g fat; 22.9g carbohydrates(2.9g fiber, 3.2g sugar); 23.1g protein

IF YOU SUBSTITUTE 1 pound raw cauliflower for the potatoes **10.3 Net Carbs & 575 calories** Per Serving
48.9g fat; 12.7g carbohydrates (2.4g fiber, 4.4g sugar); 23.8g protein.

IF YOU OMIT THE POTATOES altogether - **9 Carbs & 556 calories** Per Serving:
48.7g fat; 9g carbohydrates (<1g fiber, 3g sugar); 22.3g protein

Author Notes – I modified this from the recipe posted at <http://belleofthekitchen.com/2018/01/11/instant-pot-loaded-potato-soup/>. Many thanks to the originator!