

Low-Carb Spicy Cauliflower Soup

Hands-on 15 minutes Overall 20 minutes

Nutritional values (per serving, about 1 cup): Total carbs: 10.6 g, Fiber: 3.6 g,

Net carbs: 7 g, Protein: 10.7 g, Fat: 19.1 g, Calories: 251 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 6 servings)

- 1 large cauliflower (800 g/ 1.7 lb)
- 1 medium turnip *or* more cauliflower (200 g/ 7.1 oz)
- 1 small white onion, chopped (70 g/ oz)
- 2 cups [chicken stock](#), [vegetable stock](#) *or* [bone broth](#) (480 ml/ 16 fl oz) - [you can make your own bone broth](#)
- 1 medium Spanish chorizo sausage *or* pepperoni (150 g/ 5.3 oz)
- 3 tbsp [ghee](#), lard or butter (45 g/ 1.6 oz)
- 1/2 tsp sea salt, or more to taste
- 1 medium spring onion *or* chives for garnish (15 g/ 0.5 oz)

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Instructions

1. Wash the cauliflower and cut into small florets.
2. Grease a large soup pot or a Dutch oven with 2 tablespoons of ghee and add finely chopped onion. Cook over a medium-high heat until lightly browned. Add the cauliflower and cook for about 5 minutes while stirring. Add the chicken stock and cover with a lid. Cook for about 10 minutes and take off the heat.
3. Dice the chorizo sausage. Peel and finely dice the turnip or use more cauliflower - the stems are great for browning. Place on a heavy-based skillet greased with the remaining ghee and cook over a medium-high heat until the chorizo is crispy and the turnip is tender for about 8-10 minutes.
4. Transfer half of the chorizo & turnip mixture into the soup. Using a hand blender, pulse until smooth and creamy. Season with salt and cayenne pepper. Optionally, you can add 1 cup of heavy whipping cream or grated cheddar cheese.
5. Pour into a serving bowl and sprinkle with more chorizo & turnip mixture and drizzle with some of the spicy oil. Garnish with freshly chopped spring onion or chives and enjoy! Try with our [Keto Bread](#).
To store, let it cool down and refrigerate for up to 4 days.

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