

SuperFood Keto Soup

Hands-on 10 minutes Overall 20 minutes



Nutritional values (per serving): Total carbs: 9.7 g, Fiber: 2.9 g, Net carbs: 6.8 g,

Protein: 4.9 g, Fat: 37.6 g, Calories: 392 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app

Ingredients (makes 6 servings)

1 medium head cauliflower (400 g / 14.1 oz)

1 medium white onion (110 g / 3.9 oz)

2 cloves garlic

1 bay leaf, crumbled

150 g watercress (5.3 oz)

200 g fresh spinach (7.1 oz) or frozen spinach (220 g / 7.8 oz)

1 litre vegetable stock or bone broth or chicken stock - you can make your own (4 cups / 1 quart)

1 cup cream or coconut milk (240 ml / 8 fl oz) + 6 tbsp for garnish

1/4 cup ghee or coconut oil - you can make your own ghee (55 g / 1.9 oz)

1 tsp salt or to taste (I like pink Himalayan rock salt)

freshly ground black pepper

Optional: fresh herbs such as parsley or chives for garnish

When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives).

6. Serve immediately or chill and keep refrigerated for up to 5 days. Freeze for longer. Just before serving, drizzle some cream on top. Enjoy! :-)

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Instructions

1. Peel and finely dice the onion and garlic. Place in a soup pot or a Dutch oven greased with ghee and cook over a medium-high heat until slightly browned. Wash the spinach and watercress and set aside.
2. Cut the cauliflower into small florets and place in the pot with browned onion. Add crumbled bay leaf. Cook for about 5 minutes and mix frequently.
3. Add the spinach and watercress and cook until wilted for just about 2-3 minutes.
4. Pour in the vegetable stock and bring to a boil. Cook until the cauliflower is crisp-tender and pour in the cream (or coconut milk).
5. Season with salt and pepper. Take off the heat and using a hand blender, pulse until smooth and creamy.