

# Cauliflower, Potato & Bacon Soup

Traffic light category: **Green**

Serves: 12

## Ingredients

- 150g lean bacon, diced
- 2 teaspoons olive oil
- 2 leeks, halved, washed, thinly sliced
- 3 garlic cloves, crushed
- ¼ cauliflower, trimmed, cut into small florets
- 500g Sebago or Desiree potatoes, peeled & diced
- 6 cups reduced salt chicken stock

## Method

1. Heat a large saucepan over medium-high heat. Add bacon, cook stirring until crisp. Remove to a plate lined with paper towel, wipe pan clean with paper towel
2. Heat 2 teaspoons of olive oil in pan, add leek and garlic. Cook, stirring often over medium heat for 5 minutes
3. Add cauliflower, potato and stock. Increase heat and bring to the boil. Once boiling, reduce heat and simmer, stirring occasionally for 25 mins or until vegetables are tender
4. Stir in most of the cooked bacon, reserve a little for garnish
5. Blend soup in batches, until smooth. Sprinkle with reserved bacon before serving.

## Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	322kJ	131.2kJ
Protein	4.2g	2.1g
Total fat	3.4g	1.0g
Saturated fat	1.1g	0.2g
Carbohydrate	6.3g	3.0g
Sugars	2g	1.1g
Dietary fibre	1.8g	1.0g
Sodium	470mg	235.4mg



*With thanks to Amanda Ferguson*



*Supporting healthy choices*

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