



Cauliflower, potato & bacon Soup

Published 2023

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.



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