

Bacon and Potato Soup

6 thick slices bacon
1 1/2 teaspoons olive oil
1/2 cup chopped onion
1/2 cup chopped carrots
1 stalk celery, chopped

4 cups low fat, low sodium chicken broth
4 cups cubed potatoes
1/8 teaspoon cayenne pepper
1/2 cup shredded Cheddar cheese
1/2 teaspoon kosher salt

Directions

1. Cook bacon until crisp in 3-quart saucepan, remove and drain well on paper towels. Discard bacon grease and wipe pan thoroughly with paper towel.
2. Meanwhile, prepare vegetables. Add olive oil to saucepan and add onion, carrot, and celery as they are cut up. Saute until onion is soft but not brown, about 3-4 minutes.
3. Stir in chicken broth, potatoes, and pepper; bring to a boil, reduce heat, and simmer, covered, until potatoes are tender, about 10-15 minutes.
4. Stir in cheese, heating just until melted--do not boil. Chop bacon and add to soup. Adjust seasoning to taste by adding salt, if desired. Serve at once

Instant Pot Broccoli & Cheese Soup Recipe Low Carb

Servings: 5 cups

Ingredients

2 tablespoons butter
1/4 onion diced
1-1/2 garlic cloves minced
2-1/2 cups chicken broth
1 cups heavy whipping cream
3 cups frozen broccoli florets (I used fresh)
2 cups cheddar cheese
2 slices Swiss cheese
1 oz cream cheese softened and cubed
1/4 tsp nutmeg
1 tsp parsley
1/2 tsp pink salt
1/2 tsp black pepper
1/4 - 1/2 tsp of Xanthan Gum to thicken soup



Instructions

Turn Instant Pot to Saute mode and add butter, onions, and garlic. Saute until the onions are just starting to become translucent. Add chicken broth and frozen or fresh broccoli and bring to a boil. Lock lid in place then hit manual and adjust the time to 5 minutes. Once the Instant Pot completes the 5-minute cycle, do a quick release. Remove lid once the pin drops and add the heavy whipping cream, cream cheese, and spices. Set Instant Pot to Saute. Once the soup comes to a boil, add cheeses slowly stirring continuously. Once the cheese has melted turn pot to the keep warm setting and sprinkle the Xanthan Gum on top. Stir and allow the soup to thicken for about 5 minutes. Enjoy!