

## KETO CAULIFLOWER SOUP

Serves: **4**  
Prep Time: **10** Minutes  
Cook Time: **30** Minutes  
Total Time: **40** Minutes

### INGREDIENTS

- **1/2 head of cauliflower**
- **1/2 cup heavy cream**
- **1/2 red bell pepper**
- **1 tsp salt**
- **1 tsp pepper**
- **1 tablespoon butter**
- **1 tablespoons parmesan cheese**
- **1 tsp herbs**

### DIRECTIONS

- 1. In a saucepan melt butter, add cauliflower and cook until soft**
- 2. Remove from saucepan and set aside**
- 3. Melt butter and sauté and bell pepper**

- 4. In a food processor add cauliflower mixture, pepper and cook for 4-5 minutes**
- 5. Season with salt and pepper**
- 6. Garnish with parmesan and serve**