



Keto Instant Pot Soup Low Carb

Jacob · 28/09/2024



Prep Time

5 mins

Difficult

Medium

Servings

1 hr

Description

Just a keto Instant Pot recipe I threw together while entertaining my 6monthold on a soccer night for my older kiddos when we had limited time This is an alternative to fast food on busy hectic nights I chopped my veggies during nap time so all I had to do was add them to the Instant Pot Garnish with green onions Cheddar cheese and bacon

Ingredients

- - 1 tablespoon olive oil - 1 large yellow onion
- diced - 2 cloves garlic
- minced - 1 head cauliflower
- coarsely chopped - 1 green bell pepper
- chopped (Optional) - 1 tablespoon onion powder - salt and ground black pepper to taste - 1 (32 fluid ounce) container chicken stock - 2 cups shredded Cheddar cheese - 1 cup half-and-half - 6 slices cooked turkey bacon
- diced - 1 tablespoon Dijon mustard - 4 dashes hot pepper sauce

Instructions

1. Turn on a multi-functional pressure cooker (such as Instant Pot)
2. add olive oil
3. and select the Sauté function. Add onion and garlic; cook until browned
4. about 3 minutes. Add cauliflower
5. bell pepper
6. onion powder
7. salt
8. and pepper. Pour in chicken stock
9. then close and lock the lid. Select the Soup function; set the timer for 15 minutes. Allow 10 to 15 minutes for pressure to build. Release pressure carefully using the quick-release method according to the manufacturer's instructions
10. about 5 minutes. Unlock and remove the lid. Add Cheddar cheese
11. half-and-half
12. turkey bacon
13. Dijon mustard
14. and hot sauce. Reselect the Sauté function and cook until bubbly
15. about 5 minutes. Recipe Tips If using bacon instead of cooked turkey bacon
16. sauté it with the onion in Step 1. You can use gluten-free flour or cornstarch for a thicker soup (about 1 tablespoon dissolved in a small amount of water or 1/4 cup cold chicken stock)
17. but this would not be keto-friendly.