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Stealth Soup

THIS SNEAKY MAKEOVER OF A COMFORT CLASSIC IS A BUDGET-FRIENDLY WINTER MEAL THAT'S UNDER 200 CALORIES.

EVEN A FOOD NETWORK STAR WANTS TO SAVE A LITTLE CASH AT CHRISTMASTIME and beyond. "I grew up on a budget, and that savvy coupon-cutting mentality will always course through my veins," says Melissa d'Arabian, host of *Ten Dollar Dinners* and author of the new cookbook *Supermarket Healthy: Recipes and Know-How for Eating Well Without Spending a Lot*.

One of d'Arabian's stretch-a-buck staples is soup, even in her native San Diego, where winter is more of a state of mind. Her version of popular potato soup—often loaded with heavy cream and drowned in bacon and cheese—substitutes cauliflower for most of the potato, and gets subtle color from a carrot, a trick that she says make the soup seem cheesier.



BRIGHT IDEA:
Freeze leftover soup flat in resealable bags for in-a-pinch meals on busy holiday nights.

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Creamy Cauliflower "Baked Potato" Soup

- | | |
|--|--|
| 2 slices bacon, finely chopped | |
| 1 sweet onion, finely chopped | |
| 1 small head of cauliflower (about 1 1/4 pounds), cored, trimmed, and divided into small florets | 1/4 tsp. ground black pepper |
| 1 medium russet potato, peeled and cut into 1-inch pieces | 2 garlic cloves, very finely chopped or pressed through a garlic press |
| 1 small carrot, finely chopped | 2 cups low-sodium chicken broth |
| 1/2 tsp. kosher salt | 1/4 cup reduced-fat cream cheese |
| 1/2 cup plain reduced-fat Greek yogurt | 1/2 cup grated Cheddar cheese |
| | 2 scallions (white and light green parts only), finely chopped |



1. Add the bacon to a large soup pot set over medium heat and cook until the bacon is crisp, about 7 minutes. Use a slotted spoon to transfer the bacon to a paper towel-lined plate and set aside.
2. Stir the onion into the bacon fat and cook, stirring often, until it is translucent, about 3 minutes. Add the cauliflower, potato, carrot, garlic, salt and pepper and cook, stirring occasionally, until the vegetables begin to soften, about 5 minutes.
3. Raise the heat to medium-high, add broth and 1 cup water, and bring liquid to a boil. Simmer mixture until vegetables are very soft, about 13 minutes. Turn off heat and use a ladle to transfer half the vegetables

Feeding a crowd? If your soup's just a starter, serve it in shot glasses or espresso cups. A recipe that serves 4 will make more than a dozen small portions.

and liquid to a blender. Add cream cheese and blend until smooth.

4. Pour puréed soup into a large bowl or clean saucepan. Blend the remaining half of the soup until it is smooth and add it to the first batch. Heat soup over medium heat until it is warmed through. Top with a dollop of yogurt and some of the grated cheese, bacon and scallion. Serves 4.

Per serving: 187 calories, 10g fat, 10g protein, 3g fiber, 6g sugars

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