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# Creamy Keto Pumpkin Soup

2g net carbs per serving - 194 calories



Low Carbe Diem  
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Servings: 6

4 tbsp butter  
2 tbsp onion powder  
2 cloves garlic, pressed  
1/4 tsp cinnamon, ground  
1/4 tsp coriander, ground  
1/8 tsp nutmeg, ground  
1 3/4 c chicken broth  
1 c pumpkin puree  
2/3 c heavy whipping cream  
4 bacon slices, cooked  
leftover bacon grease

Brown butter in a saucepan over medium low heat. Add onion powder, garlic, cinnamon, coriander and nutmeg, stirring well. Cook 1 to 2 minutes.

Add pumpkin and chicken broth, stirring well. Bring to a boil, turn heat to low and simmer 20 minutes.

Using an immersion blender, puree until smooth.

Let simmer an additional 20 minutes.

Once soup is done, add cream and bacon grease, mixing well. Crumble bacon over the top and serve immediately.

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Per Serving: 194 Calories; 19g Fat (87.4% calories from fat); 2g Protein; 4g Carbohydrate; 2g Dietary Fiber.