

For the love of instant-pot

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## *Curried Creamy Cauliflower Soup*

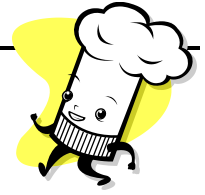
Servings: 6

### Ingredients:

1	Large head of cauliflower, cut into small florets
1 Tbsp	Olive oil
3 Cloves	Garlic, minced
1 Medium	Onion, diced
2 Cups	Low sodium chicken or vegetable broth
½ Tsp	Pepper
1 Tbsp	Curry powder
1Tbsp	Garam masala
1-2 Tbsp	Curry paste
1 Tsp	Ginger
½ Tsp	Turmeric
3	Green onions, minced
1/2	250g brick of cream cheese
½ cup	Old cheddar, grated

### Directions:

1. Select sauté function (medium heat) on display panel and set timer for 6 min. Once pot has come to temperature, add olive oil onions and garlic and continually stir until onions are soft and translucent.
2. Add curry powder, curry paste, garam masala, ginger and turmeric along with a little water and keep stirring for the last minute of sauté. The water will prevent spices from burning. Press cancel.
3. Add cauliflower florets, green onions and broth to the pot. On display select pressure cooking setting (high) and set timer to 8 min. Replace lid to sealed position and press start.
4. When finished cooking you can press the quick release button with a wooden spoon to ensure you don't get burned by escaping steam.
5. Use immersion blender to puree mixture. Once pureed whisk in cream cheese and grated cheese. Whisk until melted.
6. If it's too thick you can add water to thin out to your desired texture.



### *Suggestions:*

This soup is really flavorful! Don't waste any of the cauliflower, cut up the stalk pieces too.

If it's too spicy maybe use only 1 tbsp of the curry paste the next time.

You can also add a dollop of sour cream to your bowl to soften the heat.

A little leftover rice can be heated up in the microwave and added to your bowl.

Think cool sides like slices of cucumber or cold glass of milk, or just go with a multigrain bun.