

Instant Pot Cauliflower Potato Soup

Servings 4 to 6

1 tsp	olive oil
1 medium	onion, diced
6	cloves of garlic, minced
2	stalks green onion, chopped
4 cups (1 L)	low sodium chicken stock
2	bay leaves
1	head of cauliflower, floret
2 small	red potatoes, chunked
1 cup (250 ml)	2% milk or canned evaporated milk
	green onion, sliced thinly
	pepper and salt to taste
	parmesan cheese, grated
	chopped sundried tomatoes (optional)
	chopped green onions (optional)

1. Sauté onions in oil for roughly 1 to 2 minutes until soften. Add in garlic and half of the green onions. Sauté until fragrant. Remove from pan.
2. Pour $\frac{1}{3}$ cup low sodium chicken stock into the pan. Scrub all the brown bits off the bottom of pot with a wooden spoon. The brown bits add flavour.
3. Add 2 bay leaves, cauliflower and potatoes in the pressure cooker. Pour in the remaining chicken stock.
4. Close the lid and cook at High Pressure for 3 minutes.
5. Turn off the heat and do a 10 minutes Natural Release. Open the lid carefully. Remove the bay leaves.
7. Blend cauliflower soup into desired consistency with an immersion hand blender.
8. Stir in milk. Taste the soup and season with salt and pepper if you like.
9. Garnish with parmesan cheese, green onions and sundried tomatoes.

Recipe adapted from: www.pressurecookrecipes.com

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