



Butternut Cauliflower Soup

INGREDIENTS

1 onion diced
1-2 tsp of olive oil for sautéing
2-3 cloves of garlic, minced
1 lb frozen cauliflower
1 lb frozen cubed butternut squash
2 cups of vegetable broth (chicken broth works too!)
1 tsp of paprika
1/2-1 tsp of dried thyme
1/4-1/2 tsp of red pepper flakes optional for a spicy kick
1/4 tsp of sea salt plus extra to taste
1/2 cup of half and half, milk, or cream

Toppings
Grated cheddar cheese
Crumbled bacon
Parmesan cheese
Sour cream
Chives
Chopped green onions
Pumpkin seeds
Sunflower seeds
Croutons

METHOD

Turn pressure cooker to sauté function and heat oil. Sauté onion until tender and golden, adding the garlic towards the end. Add cauliflower, butternut, veggie broth, and spices.

You could also give this a fall-spiced flavor profile if you'd like by adding cinnamon and nutmeg to the soup.

Set to high pressure for 5 min.

Due to volume, soup should take around 15 minutes to come to pressure and countdown the 5 minutes.

Once it's complete, turn OFF then quick release the pressure.

The soup should take about 20-25 minutes from sauté to pressure release.

Add half and half (or your choice of dairy) and blend using an immersion blender.

Top with your choice of toppings