Blue Zones Project®

# Vegan Curried Cauliflower Soup

*From the kitchen of:*
Blue Zones Project®
Instant Pot Recipe by:
Vegetarian Gastronomy

## Ingredients:

1 tbsp cooking oil (i.e. avocado)
4 cloves garlic, minced
1.5 c white onion, chopped
3 c cauliflower, chopped florets
1 c carrots, chopped
2 c yukon potato, peeled, chopped
1/2 tsp paprika
1 tbsp curry powder
4 c vegetable broth, low-sodium
1/2 c green lentils, small uncooked
1 c light coconut milk
2 tsp fresh lemon juice
2 tbsp pure maple syrup
freshly ground black pepper (optional)

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## Directions:

1. Add cooking oil to the Instant Pot & heat on saute mode. Add onions, garlic and saute for 2 minutes.
2. Add the chopped carrots, cauliflower, and potatoes and combine.
3. Add vegetable broth, uncooked green lentils, paprika & curry powder. Mix to combine.
4. Set Instant Pot to pressure cook on manual, high for 6 minutes. Let the pressure release naturally.
5. Using a hand blender, pulse the soup mixture until most of the large veggie pieces are chopped down. The end consistency should be thick & chunky, not completely pureed.
6. Add the coconut milk, lemon juice, and maple syrup.
7. Cook/saute the soup for another few minutes. Taste and adjust flavor (maple syrup, lemon juice). Add freshly ground pepper & serve hot with a side of crackers, bread, or toast if preferred!

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