

## **Instant Pot Cauliflower Lentil Soup**

### **Cook Time:**

About 1/2 an hour

### **Ingredients:**

- **1 Head Chopped Organic Cauliflower**
- **3 Chopped Organic Carrots**
- **2 Chopped Leeks (only the white parts) or 1 Onion**
- **2 Cups of Dry Green Lentils**
- **2 Cups Carrots Blended Into Juice**
- **4 Cups Water**
- **4 Cloves Minced Garlic**
- **1 Stick of Kombu**
- **1 tbsp Iodized Sea Salt**
- **1 tsp Smoked Paprika**
- **2 tbsp No Salt Seasoning**
- **1 tbsp Nutmeg**
- **1 tsp Turmeric**
- **1 Cup Raw Cashews Blended Into Milk**
- **5 Cups Chopped Kale**

### **Instructions:**

1. **Add all ingredients (except kale and cashew milk) to Instant Pot and stir till combined.**
2. **Put the lid on the Instant Pot, close the steam vent and set to HIGH pressure using the manual setting. Decrease the time to 13 minutes.**
3. **It'll take a few minutes for the Instant Pot to reach pressure, once it does, the timer will begin!**
4. **When done, natural release for 10 minutes, then do a quick release.**
5. **After all steam is out, and ball has dropped, open the Instant Pot and add the kale and cashew milk.**
6. **Stir and serve. Add more seasoning if needed.**

