



Vegan Broccoli Cheddar Soup- Instant Pot

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Description

My wife LOVED Panera Bread's Broccoli Cheddar Soup, so I made a vegan version and then converted it to an Instant Pot Recipe!

Ingredients

- 1 sm. head cauliflower
- 1 carrot
- 1 gold potato
- 3 ribs celery
- 1/4 white onion
- 4 c. low-sodium veg broth
- 1/2 c. unsweetened plant milk (I used almond)
- 1/2 c. nutritional yeast
- 2 T. lemon juice
- 1 1/2 T. apple cider vinegar
- 1 tsp. garlic powder
- 1 (10 oz) pkg. frozen broccoli
- 3/4 tsp. salt (or to taste)
- 1/4 tsp. black pepper (or to taste)

Instructions

- 1 Roughly chop the carrot, celery, potato, onion, and cauliflower, and add it to your instant pot.
- 2 Add the veg broth (or water for sodium-free) and attach the instant pot lid
- 3 Cook on MANUAL for 5 minutes with an NPR for an additional 5 minutes
- 4 Carefully remove the lid and add the milk, lemon, juice, ACV, nutritional yeast, and garlic powder.
- 5 Mix well using a wooden spoon and break up any large clumps of cauliflower
- 6 Using an immersion blender, blend until smooth
- 7 Microwave the broccoli according to pkg. instructions and add it to the soup
- 8 Add salt and pepper to taste

Find it online: <https://www.brandnewvegan.com/recipes/instant-pot/vegan-broccoli-cheddar-soup-instant-pot>

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