



# Vegan Instant Pot Colcannon

Author: Brand New Vegan Prep Time: 15 min Cook Time: 17 min

Total Time: 32 minutes Yield: 6-8 servings  1x

Category: Potato, Main Method: Instant Pot Cuisine: Irish

Diet: Vegan

## Description

Here is my **Vegan Instant Pot Colcannon** recipe than many of you have requested. It's got a ton of greens, it's completely oil-free, and you make it all in just one pot - nothing could be easier.

## Ingredients

- 1/4 cup low sodium vegetable broth
- 2 cups chopped green cabbage
- 3 ounces chopped kale leaves
- 4 chopped green onions
- 3-4 cloves minced garlic
- 1/2 cup water
- 3 lbs yukon gold potatoes
- 1 Tbs white miso
- 1/4 cup unsweetened almond milk (if needed)
- salt and pepper to taste

## Instructions

- 1 Add cabbage and kale to instant pot
- 2 Add broth and SAUTE until the kale is slightly wilted
- 3 Add onions and garlic, SAUTE 1 minute and press CANCEL
- 4 Add water and potatoes
- 5 Attach lid, make sure vent is sealed, press MANUAL 7 minutes
- 6 After it finishes, let it sit for 10 minutes
- 7 CAREFULLY vent any remaining pressure and remove lid
- 8 Add miso and mash, adding almond milk as needed
- 9 Add salt and pepper if needed and serve

## Notes

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*Find it online: <https://www.brandnewvegan.com/featured/vegan-instant-pot-colcannon>*

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