

California Blend Soup in the Instant Pot®

By Melanie Young of RaisingRealMen.com

2 lbs Broccoli (I used stems trimmed from the previous day's broccoli.)

1 lb Carrots

1 lb Cauliflower (Again, I used stems and trimmings)

2 Onions, diced

5 cups Chicken Broth, or 5 cups Water plus 5 Teaspoons Chicken Base

1 lb Cheddar Cheese, sharp, grated

2-3 cups Milk or Cream

1 1/2 teaspoons Ground Coriander

2 cloves Garlic

1 1/2 teaspoons Salt

Mace or Nutmeg, several shakes

Pepper, as desired

Franks Hot Sauce, 2-3 tablespoons

Chop veggies, blend if you want thick soup with fewer chunks. Add to Instant Pot®. Pour in 5 cups of broth. Add seasoning, as desired. I add about half.

Cook on Manual at High Pressure, for 15 minutes. Use a quick release.

Add cheese and stir until melted. Add milk. Add remaining seasoning to taste.

Serve with garlic bread, rolls, muffins, or cornbread. Makes between five and six quarts. Feel free to halve for a smaller family. ☺