

GOLDEN SOUP

FREEZE TOGETHER

- 2 tablespoons **olive oil**
- half an **onion**, *chopped*
- 2 cloves **garlic**, *chopped*
- 1 head of **cauliflower**, *chopped into about 5 cups of chunks or florets*
- 1 cup **cashews**
- 1 tablespoon **turmeric**
- 2 teaspoons **salt**
- a squeeze of **lemon juice**

INSTANT POT

SLOW COOKER

Add 3 cups water before cooking

High Pressure 10 mins

High Setting 4 hrs

7-minute natural release

FINAL STEP

Blend soup and add water to thin as needed.

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