

Instant Pot Cauliflower & Cabbage Stew (with Crushed Tomatoes)

Ingredients:

- **3 cups cauliflower florets**
- **4 cups cabbage, chopped**
- **½ cup mung beans**
- **½ cup split peas**
- 1 can (14-15 oz) crushed tomatoes
- 3 cups water or vegetable broth (adjust to 3.5 cups if needed for a thinner consistency)
- 2 cloves garlic, minced
- 1 ½ tsp fresh ginger, grated (or ¾ tsp ground ginger)
- 1 ½ tsp turmeric powder
- 2 tsp cumin powder
- 1 ½ tsp curry powder (or garam masala)
- 1 tsp smoked paprika (optional)
- ¾ tsp salt (adjust to taste)
- ¼ tsp black pepper
- **¾ cup coconut milk**
- Juice of ½ a lemon (optional, for brightness)
- Sliced avocado for topping

Adjusted Instructions:

1. **Sauté Aromatics:**
 - Turn on the Instant Pot to **Sauté** mode. Heat 1-2 tbsp of oil.
 - Add garlic and ginger and sauté for 30 seconds.
 - Stir in turmeric, cumin, curry powder, smoked paprika, and black pepper. Toast spices briefly.
2. **Add Ingredients:**
 - Add cauliflower, cabbage, mung beans, split peas, crushed tomatoes, and water/broth.
 - Add salt and stir to combine everything evenly.
3. **Pressure Cook:**
 - Seal the lid and set the Instant Pot to **Manual/Pressure Cook** on high for **15 minutes**.
4. **Quick Release:**
 - Carefully quick-release the pressure once the timer is done.
5. **Finish with Coconut Milk:**
 - Stir in the coconut milk to make the stew creamy. Adjust seasoning with more salt or lemon juice if needed.
6. **Serve:**
 - Serve as-is or over brown rice if desired. Top with sliced avocado for a finishing touch.