

Cauliflower Black Bean Soup - Diced Avocado Garnish

- 1 large onion, diced
- 1 cauliflower, cut bite-sized
- 4 new potatoes, peeled, cut bite-sized
- 4 cloves garlic, minced
- 4 c soup stock (organic chicken bone broth used here)
- 1 t ground cumin
- 2 t Vegea seasoning, or your favourite seasoning
- kosher salt and freshly ground black pepper
- 1 14-oz can black beans, rinsed, drained
- 2 refrigerated avocados, diced just before serving to preserve colour

In your Instant Pot or slow cooker, add all ingredients except the beans and the avocado. Set the timer for 7 hours on low heat. If using an **Instant Pot**, set the release valve to venting. Serve soup hot, garnished with black beans and avocado. The cold, creamy avocado makes a wonderful contrast to the hot luscious soup.

Jittery Cook