Instant Pot Atakilt Wat (Ethiopian Cabbage Stew)

Ingredients

- 2 tablespoons ghee
- 1 medium onion diced
- 3 garlic cloves minced
- 3 medium carrots peeled and cut into 1-inch thick coins
- 900g cauliflower cut into large florets
- 700g cabbage cored and cut into 1-inch cubes
- 1/2 tablespoon salt
- 2 teaspoons ground turmeric
- 1 teaspoon ground cumin
- 1/2 teaspoon black pepper
- 120 ml chicken broth or vegetable broth

Method

1. Turn on the sauté function on the Instant Pot. Once the metal insert is hot, swirl in the ghee.
2. Stir in the onions and sauté for 1 minute. Add the minced garlic and stir until fragrant.
3. Dump in the carrots, cauliflower, and cabbage. Sprinkle on the salt, turmeric, cumin, and black pepper. Stir well.
4. Pour in the broth, making sure it reaches the bottom of the metal insert.
5. Lock the lid and program the Instant Pot to cook under high pressure for 1 minute.
6. Release the pressure manually when the stew is finished cooking.
7. The cauliflower and carrots should be fork tender. If they're still crunchy, add another minute of cooking time.
8. Stir well and adjust the seasoning if needed. Serve with your favorite protein!