

Instant Pot Cajun Pasta (MarysWholeLife.com)

- 1 T. olive oil
 - 14 oz. Kielbasa, cut in half and ¼ inch rounds
 - 12 oz. Jovial gluten free pasta or pasta of choice
 - 4 c. chicken broth
 - ½ t. sea salt
 - ½ t. garlic powder
 - ½ t. onion powder
 - ½ t. paprika
 - ½ t. oregano
 - ½ t. thyme
 - ¼ t. cayenne pepper (optional)
- (This would probably be good with some shrimp added)

Cashew Cream

- 1 c. raw unsalted cashews
- ½ c. water

1. Press the sauté button on the instant pot and add the oil. After it heats up, add in the sausage rounds. Sauté them for 3-4 minutes. Add in the pasta, the broth, and the spices. Stir. The broth should mostly cover everything.
2. Lock the lid, turn the vent to “sealing”, and cook on high pressure for 4 minutes.
3. While the instant pot comes to pressure, make the cashew cream. Add the cashews to a high-powered blender, and blend for 1 minute or until very creamy and smooth.
4. When the instant pot timer goes off, manually release the steam. Open the lid and stir in the cashew cream. Taste it and adjust the seasonings to your liking. Serve with fresh parsley, if desired.

Notes:

1. If using a different type of pasta, make sure to check the label for cooking time. Divide it in half, then subtract 2 minutes. For example, if the box says 10 minutes, divide it by 2 = 5. Minus 2 minutes = 3 minutes on high pressure.
2. To make this one-pot meal on the stove, simply heat the oil in a large pot. Add in the sausage and sauté for 2-3 minutes. Add in the spices, pasta, broth, and an additional ½ cup of water. Cook according to pasta package directions for timing, stirring occasionally. Stir in the cashew cream at the end.