

# Butternut Squash Soup

December 17th, 2022

**This recipe serves: 4**

Prep Time: 00:15

Cook Time: 01:30

Butternut Squash (also called Autumn Squash) soup is the perfect fall-time comfort food. Using the pressure-cooking option in your Instant Pot reduces the time-to-table from about 6 hours to less than 2 hours. Using a Coconut Yogurt provides a nice creamy consistency, without adding heavy cream.

## Ingredients:

1/2 (about 1 pound) Butternut Squash

1/2 Yellow Onion

2 Garlic Cloves

1 Carrot, peeled and chopped

4 oz. Pumpkin Puree

1 Teaspoon Brown Sugar

1/2 Teaspoon Salt

Pinch Cinnamon

Pinch Cardamom

2 Cups Vegetable Broth

4 Ounces Coconut Yogurt

Pumpkin Seeds for topping

## Directions:

Cut the Squash in half, lengthwise. Remove and discard the funiculus (the seeds and fibrous strands).

Peel the Squash and cut the Squash into cubes.

Dice the Onion. Sweat over medium heat until translucent.

In a 5 quart Instant Pot, add the Squash, Onion, Garlic, Pumpkin, Sugar, Salt, Pepper, Cinnamon, Cardamom and Vegetable Broth.

Set the pressure on High and cook for 90 minutes. When the timer completes, allow the pressure to release naturally.

Move the contents of the Instant Pot into a blender, being careful to avoid getting burned by the super-heated soup. Blend on high until creamy and smooth.

Add the Coconut Yogurt and stir by hand.

Serve with a sprinkling of Pumpkin Seeds.