

YIELD: 6-8

Instant Pot Butternut Squash Apple Ginger

Soup

Warm up with a hot bowl of delicious and healthy Butternut Squash Apple Ginger Soup! It's vegan and gluten-free too.

PREP TIME	COOK TIME	TOTAL TIME
15 minutes	20 minutes	35 minutes

Ingredients

- 1 tbsp olive oil
- 1 medium onion, chopped
- 2 tbsp fresh ginger, minced
- 2 garlic cloves, minced
- 2 lb. butternut squash, peeled, seeded, and chopped
- 2 granny smith apples, cored and chopped
- 2 medium carrots, peeled and chopped
- 1 tsp ground cinnamon
- ¼ tsp ground cumin
- ¼ tsp ground coriander
- 4 cups vegetable broth or water (or combo of both)
- salt and pepper, to taste

Optional topping:

- Diced granny smith apple

Instructions

1. Set the Instant Pot to "sauté". Add the olive oil and onion to the pot, stirring until soft and browned, about 4-5 minutes. Add in the garlic and ginger and stir for another minute.
2. Press "cancel" to turn off the Instant Pot. Add the remaining ingredients into the pot (except the optional topping).
3. Season generously with salt and pepper. Give the ingredients a good stir to distribute throughout the pot.*(see first note)



4. Seal the Instant Pot and cook at high pressure ("manual"/"pressure cook" function) for 8 minutes. After the soup is ready, allow natural pressure release for at least 10 minutes before a quick pressure release to completely depressurize (until floating valve drops).
5. Open the Instant Pot and give the soup another stir. ******(see second note)
6. Using an immersion blender *******(see third note), blend the soup until it is completely smooth.
7. Taste for additional salt and pepper (or other seasonings) and top with diced apples if you like. Enjoy.
8. **STOVETOP INSTRUCTIONS:** In a large pot or Dutch oven, follow Steps 1-3. Then bring the soup to a boil and simmer on the stove for 30 minutes or until the butternut squash and apple is very tender. Then follow Steps 5 and 6.

Notes

- *****The liquid should just cover the top of the ingredients. Add more broth or water if necessary.
- ******If you find that there is too much liquid in the pot, carefully ladle out excess broth before blending. You can always add it back in to thin out the soup if needed.
- *******You can also blend in a high-powered blender in small batches. Careful as the soup is hot and it may splatter.
- Nutritional calories represent one serving (excluding optional toppings) with eight servings total.

Nutrition Information: **YIELD:** 8 **SERVING SIZE:** 1

Amount Per Serving: CALORIES: 104 TOTAL FAT: 2g SATURATED FAT: 0g TRANS FAT: 0g
UNSATURATED FAT: 2g CHOLESTEROL: 0mg SODIUM: 384mg CARBOHYDRATES: 22g FIBER: 6g
SUGAR: 8g PROTEIN: 2g

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CUISINE: American / **CATEGORY:** Instant Pot

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