



Pressure Cooker Carrot Ginger Soup

4 servings
25 minutes

Ingredients

3 cups Organic Vegetable Broth
1 Yellow Onion (chopped)
1 Garlic (clove, minced)
1 tbsp Ginger (fresh, minced)
6 Carrot (chopped)
2 tsps Thyme (fresh, chopped)
1 1/4 cups Organic Coconut Milk (full fat, from a can)

Directions

- 1 Turn the pressure cooker to sauté mode. Add a splash of vegetable broth along with the onion and cook for 3 to 4 minutes. Add the garlic and ginger and sauté for 1 minute more.
- 2 Turn the sauté mode off and add the carrots, thyme and rest of the broth. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for 5 minutes on high pressure. Once finished, release the pressure manually.
- 3 Carefully remove the lid, and purée the soup using an immersion blender or a blender. Add the coconut milk and stir to combine. Serve and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to four days. Freeze for up to three months.

Serving Size, One serving is equal to approximately 1 1/2 cups of soup.

Additional Toppings, Top with fresh thyme, chives or sesame seeds.