



[Instant Pot] Pumpkin Soup with Crispy Sage Leaves

Prep Time : 20 minutes **Cook Time** : 50 minutes **Servings** : Serves: 6 **Source** : Blog.myfitnesspal.com

INGREDIENTS

- 2 tablespoons olive oil or ghee
- 2 teaspoons chopped fresh sage, plus 12 whole sage leaves
- 1 medium onion, sliced
- 1 medium carrot, chopped
- 3 medium garlic cloves, chopped
- 1 teaspoon fresh rosemary, chopped
- 4 heaping cups (1 1/2 pounds/680g) sugar pumpkin or butternut squash cubes (1-inch/2.5cm)
- 4 cups (946ml) low-sodium chicken broth
- 1 bay leaf
- 3/4 teaspoon salt
- 1/4 teaspoon pepper

DIRECTIONS

Put the oil in the pot, select SAUTÉ, and adjust to MORE/HIGH heat. When the oil is hot, add the whole sage leaves and cook, stirring occasionally, until the leaves are crisp and lightly browned, 1 minute. Transfer to a small bowl with a slotted spoon and set aside for garnish, leave the oil in the pot.

Add the onions and carrots to the pot and cook, stirring frequently, until they begin to brown, 8 minutes. Add the chopped sage, garlic and rosemary and cook until fragrant, 30 seconds. Press CANCEL.

Add the squash, broth and bay leaf. Lock the lid, select the PRESSURE COOK function and adjust to high pressure for 10 minutes. Make sure the steam valve is in the sealing position and that the Keep Warm function is turned off.

When the cooking time is up, quick-release the pressure. Discard the bay leaf. Blend the soup with a stick blender or in batches in a blender with the lid slightly ajar and towel over the top to prevent splatters. Season the soup with salt and pepper. Garnish with the fried sage leaves crumbled over the top of each bowl.

NUTRITION

(per serving): Calories: 133, Total Fat: 5g, Saturated Fat: 1g; Monounsaturated Fat: 0g; Cholesterol: 0mg; Sodium: 81mg; Carbohydrate: 21g; Dietary Fiber: 5g; Sugar: 5g; Protein: 4g