



# Instant Pot Butternut Squash Apple Ginger Soup

🕒 45 MINS | 🍴 7 SERVINGS

🔄 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## INGREDIENTS

1 tablespoon Olive Oil	1/2 teaspoon Ground Cumin
1 Yellow Onion	1/2 teaspoon Ground Coriander
3 tablespoons Fresh Ginger	4 cups Vegetable Broth
2 servings Garlic Cloves	1 pinch Salt
2 pounds Butternut Squash	1 pinch Ground Black Pepper
2 media Organic Granny Smith Apples	1 tablespoon Pumpkin Seeds (Pepitas)
1 1/4 teaspoons Ground Cinnamon	1/4 teaspoon Ground Nutmeg

## NUTRITION INFORMATION PER SERVING

Calories 103kcal	Sodium 350mg
Carbs 20g	Fiber 3.76g
Protein 1.46g	Added Sugar 0g
Total Fat 2.67g	Fruits 0 servings
Saturated Fat 0.42g	Vegetables 0.14 servings

- ## Method
1. Set the Instant Pot to "saute". Add Olive Oil and onion to the pot, stirring until soft and browned, about 4/5 minute. Add in the Garlic and Ginger and stir for another minute.
  2. Press "cancel" to turn off the instant pot. Add the remaining ingredients to the pot
  3. Season generously with salt and pepper. Give the ingredients a good stir to distribute throughout the pot.
  4. Seal the instant pot and cook at high pressure (Manual/ Pressure cook function) for 8 minutes. Allow natural pressure to release to completely depressurize
  5. Using the immersion blender, blend the soup until it is completely smooth
  6. Top with pumpkin seeds or diced apples prior to serving.

