



Instant Pot Carrot and Orange Soup

Ingredients (serves 4–6)

- 2 tbsp olive oil or unsalted butter
 - 1 medium onion, chopped
 - 2 garlic cloves, minced
 - 1-inch piece fresh ginger, grated (optional but recommended)
 - 2 lbs carrots (about 8–9 medium), peeled and chopped
 - 4 cups vegetable broth (or chicken broth)
 - 1 tsp salt (adjust to taste)
 - ½ tsp black pepper
 - ½ tsp ground coriander (optional, adds depth)
 - Zest of 1 orange
 - Juice of 2 large oranges (about ¾ cup, freshly squeezed)
 - ½ cup heavy cream or coconut milk (optional, for creaminess)
 - Fresh herbs (parsley, cilantro, or chives) for garnish
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Instructions

- 1. Sauté the aromatics**
 - Set Instant Pot to **Sauté** mode.
 - Add olive oil (or butter).
 - Sauté onion for 3–4 minutes until softened. Add garlic and ginger; cook 1 more minute.
 - 2. Add carrots & spices**
 - Stir in carrots, salt, pepper, and coriander. Mix well.
 - 3. Pressure cook**
 - Pour in broth.
 - Cancel Sauté. Lock lid, set valve to **Sealing**.
 - Cook on **High Pressure** for **8 minutes**.
 - Allow **10 minutes natural release**, then quick release.
 - 4. Blend soup**
 - Add orange juice and zest.
 - Use an immersion blender directly in the pot (or transfer in batches to a blender).
 - Blend until smooth and velvety.
 - 5. Finish & serve**
 - Stir in cream or coconut milk if using.
 - Adjust seasoning (more salt/pepper or orange juice for brightness).
 - Garnish with herbs or a swirl of yogurt/cream.
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Variations

- **Spicy:** Add ½ tsp red chili flakes or a pinch of cayenne when sautéing.
 - **Sweet touch:** Stir in 1 tbsp honey or maple syrup before serving.
 - **Extra nutrition:** Add 1 sweet potato with the carrots for more body.
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