Instant Pot Butternut Squash and Pumpkin Spice Soup

Jacob · 30/09/2024



Prep Time

10 mins

Dificult

Medium

Servings

1 hr 12 mins

Description

This always reminds me of fall Its a creamy but dairyfree squash and pumpkin soup with holiday spices It also happens to be paleo and without the honey its Whole30 friendly too I make this in my Instant Pot pressure cooker where I just leave it under pressure for 15 minutes puree and its ready If you dont have a pressure cooker there are also directions for using a medium or large pot below Garnish with roasted salted pumpkin seeds

Ingredients

— - 1 tablespoon avocado oil

— or as needed - 1 onion

— diced - 2 pounds butternut squash

— cubed - 1 teaspoon curry powder - ½ teaspoon ground cinnamon - ¼ teaspoon ground nutmeg - 3 cups vegetable broth - 2 cups unsweetened applesauce - ½ cup pumpkin puree - 2 tablespoons ghee (clarified butter) - 2 teaspoons honey

— or more to taste - salt to taste

Instructions

1. Turn on a multi-functional pressure cooker (such as Instant Pot) and select Saute function. Heat oil and add onion. Saute until translucent
2. about 2 minutes; be careful not to brown the onion. Move onion to the side of the pot. Add a layer of butternut squash to the bottom of the pot. Brown slightly
3. about 4 minutes. Add remaining butternut squash
4. curry powder
5. cinnamon
6. and nutmeg. Mix and continue cooking until fragrant
7. about 1 minute. Pour broth and applesauce into the pot with the butternut squash mixture. Close and lock the lid; set knob to sealing. Select high pressure and set timer for 15 minutes. Allow 10 to 15 minutes for pressure to build. Release pressure using the natural-release method according to manufacturer's instructions
8. 10 to 40 minutes. Unlock and remove lid. Mix pumpkin puree and ghee into the pot with the soup. Blend with a stick blender. Add honey and salt. Mix thoroughly. Cook's Notes: Use less broth for a thicker soup. Any cooking oil will do. To make this soup in a regular pot
9. cook onion
10. squash
11. and spices over medium-high heat. Add broth and applesauce and bring to boil
12. lower heat
13. and simmer for 20 minutes until squash is very soft. Continue with the rest of the directions.