Instant Pot Spicy Vegan Carrot Soup

Jacob · 30/09/2024



Prep Time

10 mins

Dificult

Medium

Servings

50 mins

Description

This easy creamy dairyfree and vegan carrot soup seasoned with curry paste and cilantro comes together in minutes in your Instant Potreg

Ingredients

— - 8 carrots

— chopped - 2 cups vegetable broth - 1 (14 ounce) can coconut milk - 1 onion

— chopped - 4 cloves garlic

— peeled - 1 tablespoon red curry paste - 2 teaspoons salt - 1 teaspoon ground black pepper - 2 tablespoons chopped cilantro

Instructions

1. Combine carrots
2. vegetable broth
3. coconut milk
4. onion
5. garlic
6. curry paste
7. salt
8. and pepper in a multi-functional pressure cooker (such as Instant Pot®). Close and lock the lid. Select high pressure according to manufacturer's instructions; 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
9. 10 to 40 minutes. Unlock and remove lid. Blend soup with an immersion blender until smooth and creamy
10. about 3 minutes. Serve in bowls and sprinkle with fresh cilantro.