Pressure Cooker Butternut Squash Soup

Jacob · 28/09/2024

Prep Time

N/A

Dificult

Medium

Servings

N/A

Description

An easy and quick recipe to make butternut squash soup using a pressure cooker

Ingredients

- - 2 tablespoons olive oil - 1 large onion
- coarsely chopped - 1 (3 pound) butternut squash - peeled
- seeded
- and cubed - 4 cups vegetable broth
- or more to taste - 2 sweet potatoes
- peeled and cubed - 3 apples
- peeled and cubed - 3 large cloves garlic
- crushed - ½ teaspoon ground cinnamon - ¼ teaspoon ground nutmeg
- or to taste - ¼ teaspoon ground black pepper
- or to taste - ¼ teaspoon ground cumin
- or to taste - ¼ teaspoon ground ginger
- or to taste - 1 teaspoon salt - 1 pint half-and-half - 1 tablespoon plain yogurt
- or to taste

Instructions

1. Heat olive oil in a pressure cooker over medium-high heat. Saute onion until translucent but not browned
2. about 5 minutes. Add squash
3. broth
4. sweet potatoes
5. apples
6. garlic
7. cinnamon
8. nutmeg
9. black pepper
10. cumin
11. ginger
12. and salt. Close and lock the lid. Bring to high pressure according to manufacturer's instructions
13. 10 to 15 minutes. Reduce heat to medium-low; cook until squash and sweet potatoes are fork-tender
14. about 15 minutes. Release pressure carefully using the quick-release method according to manufacturer's instructions. Unlock and remove lid. Liquefy soup using an immersion blender. Stir in half-and-half. Serve with a dollop of yogurt on top. Cook's Notes: Use homemade vegetable stock and/or yogurt if possible. If you don't have a high quality vegetable peeler
15. it may be difficult to peel the squash. You can either put the squash and 2 tablespoons water in a slow cooker on High for the day
16. or quarter squash
17. place on a trivet in pressure cooker with 1 cup water
18. and cook at least 10 minutes. Add carrots if desired. You can also transfer in batches to a food processor or blender in step 3
19. but make sure that there is enough liquid in each batch.