



# INSTANT POT BUTTERNUT SQUASH SOUP

★★★★★ 4.9 from 125 reviews

🕒 prep time: 12 MINUTES 🕒 cook time: 30 MINUTES

🕒 total time: 28 MINUTES 🍴 yield: 6 -8 SERVINGS 1x

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## DESCRIPTION

This delicious Instant Pot Butternut Squash Soup recipe is quick and easy to make in the pressure cooker, it's naturally gluten-free and vegan, and it's SO comforting and delicious! Feel free to add in more cayenne if you would like an extra kick.

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## INGREDIENTS

SCALE 1x 2x 3x

- 2 cups vegetable stock
- 4 cloves garlic, peeled and minced
- 1 carrot, peeled and diced
- 1 Granny Smith apple, cored and diced
- 1 medium (uncooked) butternut squash\*, peeled, seeded and diced
- 1 sprig fresh sage
- 1 white onion, diced
- 1/2 teaspoon salt, or more to taste
- 1/4 teaspoon freshly-ground black pepper, or more to taste
- 1/8 teaspoon cayenne, or more to taste
- pinch of ground cinnamon and nutmeg
- 1/2 cup canned (unsweetened) coconut milk
- optional garnishes: extra coconut milk and a sprinkle of smoked paprika (or cayenne pepper)

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## INSTRUCTIONS

- 1 Add vegetable stock, garlic, carrot, apple, butternut squash, sage, onion, salt, pepper, cayenne, cinnamon and nutmeg to an Instant Pot pressure cooker. Toss to combine. Close lid securely and set vent to "Sealing".
- 2 Press "Manual", then press "Pressure" until the light on "High Pressure" lights up, then adjust the +/- buttons until time reads 8 minutes. Cook. Then very carefully, turn the vent

- to “Venting” for quick release, and wait until all of the steam has released and the valve has dropped. Remove the lid.
- 3 Remove and discard the sage. Stir in the coconut milk.
  - 4 Use an immersion blender to puree the soup until smooth. (Or you can transfer the soup in two batches into a traditional blender, and puree until smooth, being very careful when working with the hot liquid.) Taste, and season with additional salt, pepper and cayenne if needed.
  - 5 Serve warm, with optional garnishes if desired.
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## NOTES

- i \*A medium-sized butternut squash should weigh around 3-4 pounds.

**Find it online:** <https://www.gimmesomeoven.com/instant-pot-butternut-squash-soup/>