

## SPICY BUTTERNUT COCONUT SOUP

Equipment I use...

InstantPot

Blender

1/8 t ghost pepper curry powder

1/2t black pepper

1/2t ginger

1t salt

1 veggie bullion cube

1 pinch of cayenne pepper

5C water

1C Thai coconut cream milk

Drizzle EVOO

1 yellow onion chopped

3 garlic bulbs chopped

2 large butternut squash cubed

2 russet potatoes cubed (skin on)

2 carrots chopped

2C spinach

3C lacinato kale chopped

3 white mushrooms chopped

Prepare ALL of your ingredients before you begin cooking. Chop, measure, prep is key. Blend your spices in a bowl and use a fork to make sure they're nicely mixed.

In your Instant Pot:

Saute onion, garlic in the drizzle of EVOO just to soften. Not really necessary though!

Turn off Sauté mode.

Blend your chopped veggies in a large bowl (it's easier than trying to do it in the IP).

Add veggies to IP.

Add 5C of water.

Chop bullion into tiny blocks and sprinkle into IP.



Place spices in coconut cream milk. Stir them in. (Take a teeny-tiny taste...it's so yummy!). Add them to IP.

Push veggies into liquid as best as you can.

Place IP lid on, adjust steam release to CLOSED.

Manual time of 40 minutes (try 30...it'll likely work. I live at 7,000' so things take a little longer and require more fluid).

When IP done you will scoop all of the cooked ingredients into your blender small batches at a time then transfer into a big bowl. Once all of the ingredients have been liquified pour them back into the IP and turn off completely.

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