Blue Zones Project®

# Butternut Squash Soup

From the kitchen of:
Blue Zones Project®

Instant Pot Recipe by:
Two Peas and their Pod

## Ingredients:

1 tbsp olive oil
1 med yellow onion, chopped
1 large carrot, chopped
1 celery rib, chopped
2 lbs butternut squash
(peeled and chopped)
3 cloves of garlic, minced
2 c vegetable broth
1 green apple
(peeled, cored, chopped)
1/4 tsp ground cinnamon
1 sprig fresh thyme
1 sprig fresh rosemary
1/2 tsp black pepper
Optional: pinch of nutmeg

Brought to Hawaii by **HMSA**

## Directions:

1. Select Saute on your Instant Pot. Add the olive oil. Saute the onion, carrot, celery and garlic until soft, about 3 to 5 minutes. Add broth, butternut squash, apple, nutmeg, cinnamon, thyme, rosemary, and pepper.
2. Place the lid securely on the Instant Pot and move the knob to seal. Cook on high pressure for 10 minutes and do a quick release of the pressure.
3. Use an immersion blender in the Pot to puree the soup until smooth.
   (If you don't have an immersion blender you can use a blender once soup has cooled.)
4. Ladle the soup into bowls and serve warm.

**Find more recipes at hawaii.bluezonesproject.com**

bzphawaii

bzphawaii