Blue Zones Project®

# Creamy Pumpkin Tuscan Soup

*From the kitchen of:*
Blue Zones Project®

Instant Pot Recipe by:
Real Whole Food Life

## Ingredients:

1 med yellow onion, fine chopped
2 c sweet potato, peeled & chopped
2-15oz pure pumpkin puree
1-15oz can tomato sauce
2 tsp honey or maple syrup
1 qt chicken or vegetable stock
1 tsp granulated garlic powder
1/4 tsp cinnamon
3/4 c full-fat coconut milk

Optional toppings:
- toasted pumpkin seeds
- chopped fresh rosemary
- greek yogurt

Brought to Hawaii by **HMSA**

## Directions:

1. Add the onion, sweet potato, pumpkin, tomato sauce, honey (if using), chicken stock, garlic powder, and cinnamon to 6-quart to your Instant Pot.
2. Secure lid, select the manual setting, and set it to high pressure for 8 minutes.
3. When the timer is done, quick release the pressure.
4. Add the coconut milk. Using an immersion blender, blend until well combined and very smooth.
   If you don't have an immersion blender, carefully ladle the cooked mixture into a blender, working in batches. Make sure the lid is on tightly, cover with a towel, and blend until well combined and very smooth.
   Makes 4 - 6 servings.

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