

# Pressure Cooker Butternut Squash Soup

**Yield:** 6

Prep Time: 15 minutes

Cook Time: 40 minutes

Ingredients:

1 large butternut squash (about 3.5 pounds)

1 cup buttermilk

4 cups of chicken broth

1 tablespoon avocado oil (or cooking oil)

1 large yellow onion (minced)

3 large cloves garlic (minced)

1 bay leaf

1 teaspoon of salt (plus more to taste)

1. Wash butternut squash and remove produce stickers. Place one cup of water in bottom of pressure cooker insert and add steaming grate. Place squash in center of pot, close lid and turn vent to sealing. Set pressure cooker to 25 minutes manual pressure. Allow pot to come to full pressure.
2. While butternut squash is cooking, mince onion and garlic. Once butternut squash has reached cook time, manually release pressure. Remove butternut squash and allow to cool on countertop. Reserve water from instant pot.
3. Return pot insert to pressure cooker. Set instant pot to sauté function and heat one tablespoon avocado oil or cooking oil. Add minced onion and cook until soft. Add garlic and cook additional 2-3 minutes.
4. Turn instant pot off to prevent burning/overcooking. Slice butternut squash in half (length wise) and remove seeds. Scoop flesh away from skin and place into the instant pot. Return to sauté function and add buttermilk, broth, reserved water, salt and bay leaf. Simmer for 15 minutes, stirring occasionally. Turn off heat.
5. With an immersion blender or regular blender, blend soup until smooth about 3 minutes. Adjust salt to taste and add pepper to taste.
6. Serve immediately and freeze leftovers up to 3 months in freezer

Add two tablespoons of pan drippings from roasted chicken, for added flavor and depth to this soup.