

# Butternut Squash Bisque

1 SERVING 40 MINUTES



## INGREDIENTS

2 lbs Butternut Squash (Chopped)  
1 cup Red Onion (Medium, Chopped)  
2 tbsps Extra Virgin Olive Oil  
1 tsp Onion Powder  
1/2 tsp Paprika  
1 tsp Garlic (Minced)  
1 tsp Sea Salt  
1/2 tsp Black Pepper  
2 lbs Chicken Broth  
1/2 cup Organic Coconut Milk (Optional)

## NUTRITION

### AMOUNT PER SERVING

Calories	997	Iron	8mg
Fat	51g	Vitamin D	0IU
Carbs	132g	Folate	278µg
Fiber	22g	Magnesium	341mg
Protein	19g	Zinc	3mg
Vitamin C	204mg		

## DIRECTIONS

- 01 Saute squash and onion in the olive oil on the bottom of your pressure cooker for 5 minutes. Add the remaining ingredients except the coconut milk.
- 02 Secure the lid to your pressure cooker and press the soup button, allow the soup to cook. Once done, quick release the steam and carefully remove the lid.
- 03 If desired, add the coconut milk.
- 04 Use either an immersion blender or traditional blender to puree the soup until desired thickness.

## NOTES

RECIPE ID 635

### SUBSTITUTIONS

If you don't have olive oil, you can also use ghee, avocado oil or coconut oil to saute the vegetables.