

Instant Pot Ginger Lime Squash Soup

- 2 onions, chopped
- 1 T olive oil
- 6 cloves garlic, minced
- 1 T minced ginger
- 1 t each tumeric, curry powder, kosher salt
- 1/2 t ground cumin, freshly ground black pepper
- 1 [Kabocha squash](#), pierced with a knife, roasted in 420F oven for 30 minutes, then seeded, peeled, chopped
- 1 sweet potato, roasted for 30 minutes, chopped
- 4 carrots, chopped
- 3 scallions, chopped
- 1/2 jalapeño, chopped
- 7 cups soup stock or water

Note: For a richer soup use 5 1/2 cups of stock or water to cook soup, then stir in a can of coconut milk as soon as soup is finished cooking when it's still piping hot.

Another note: You don't have to roast the squash or sweet potato before cooking. It's just easier to handle the squash after cooking, rather than chopping it in its firm natural state.

Garnish

- cilantro, chopped
- limes, halved or quartered
- roasted, salted pumpkin seeds

Set Instant Pot to sauté. When hot, add oil and onions, cooking a few minutes to soften. Add garlic, ginger and seasonings, stirring and cooking for a minute. Add remainder of soup ingredients. Using the manual setting, set Instant Pot to pressure cook for 12 minutes. Purée with an immersion or regular blender. Serve soup hot, garnished with cilantro, lime and pumpkin seeds.

Jittery Cook