



Cream of Broccoli Soup (Instant Pot)

★★★★

InstantPot, Soups/Stews, Vegetarian

Prep Time: 5 minutes **Cook Time:** 25 minutes **Servings:** Servings 4 **Source:** pipingpotcurry.com

INGREDIENTS

- 1 tbsp Oil
- 1 cup Onion diced
- 3 cloves Garlic minced
- 1 lb Broccoli cut into small florets, about 5 cups
- 1 cup Carrots cut into pieces
- 1/3 cup Cashews
- 2 cups Broth
- 3/4 cup Coconut milk
- 1 tbsp Lemon juice (optional)
- Salt to taste
- Black pepper to taste (optional)

To garnish:

- Basil (optional)
- 2 tbsp Parsley chopped (optional)

NUTRITION

Calories 265kcal
Calories: 265kcal | Carbohydrates: 21g | Protein: 9g | Fat: 18g | Saturated Fat: 9g | Sodium: 104mg | Potassium: 804mg | Fiber: 4g | Sugar: 6g | Vitamin A: 124.2% | Vitamin C: 134.7% | Calcium: 9.6% | Iron: 19.4%

DESCRIPTION

Healthy Cream of Broccoli soup made in the Instant Pot in less than 30 minutes. This amazing comfort food can be enjoyed guilt free now, with this plant based vegan & gluten free recipe. Perfect for a quick satisfying lunch or dinner.

DIRECTIONS

Start the instant pot in Saute mode and heat oil in it. Add diced onions and garlic and sauté for about 3 minutes.

Add broccoli, carrots, cashews and broth. Stir it all up. Press Cancel and close lid with vent in sealing position.

Change the instant pot setting to manual or pressure cook mode at high pressure for for 3 mins.

After the instant pot beeps, let the pressure release naturally for 10 minutes then release the pressure manually.

Add coconut milk. Use an immersion blender to blend the soup to a creamy texture. You can also transfer to a blender such as Vitamix to blend the soup. Be careful while blending to avoid hot splatters.

Season the soup with salt, pepper and lemon juice. Top with parsley and basil to garnish. Enjoy with toasted bread!

NOTES

Broth: I used vegetable Better than Bouillon base to make the broth for this soup. You can use any broth of choice.

Nut free variation: To make this recipe nut-free, add potato to make it creamy. Another option is to add cheese.

Replacement for coconut milk: You can use heavy whipping cream in place of coconut milk. Note that this will make the soup non-vegan.

Storing the soup: This soup can be refrigerated for up to 3 days. It can also be frozen. Let the soup cool down completely, then pack in small containers before you freeze, so you are only taking out as needed at a time.

Created: This recipe was created in a 6qt Instant Pot DUO60 Multi-use Pressure Cooker.