



CREAMY INSTANT POT CARROT SOUP

Rich, creamy, family-friendly, and full of carrots, coconut milk, ginger, and maple syrup.

PREP TIME	COOK TIME	TOTAL TIME	YIELD
15 min	17 min	32 min	6 servings

INGREDIENTS

- 1 1/2 lb carrots, peeled & roughly chopped
- 2 Tbsp unsalted butter
- 1 medium yellow onion, chopped
- 2 cloves garlic, minced
- 1 Tbsp fresh ginger, minced or grated
- 1/2 tsp ground cumin
- 1 Tbsp pure maple syrup
- 2 cups low-sodium chicken broth
- 1 (13.5-oz) can unsweetened coconut milk
- 1-2 tsp hot sauce, plus more to taste
- 1/2 tsp kosher salt, plus more to taste
- Black pepper; fresh cilantro, optional

INSTRUCTIONS

1. Set Instant Pot to Sauté. Melt butter, then cook onion 3-4 minutes, until it begins to soften.
2. Add garlic, ginger, and cumin. Cook 30-60 seconds, stirring frequently, until fragrant.
3. Add carrots, maple syrup, salt, and black pepper. Stir and sauté 1-2 minutes.
4. Pour in broth and scrape the bottom of the pot. Stir in coconut milk and 1 teaspoon hot sauce.
5. Cancel Sauté. Secure lid and cook on High Pressure 7 minutes. Natural release 10 minutes, then carefully release remaining pressure.
6. Blend until silky smooth with an immersion blender. Taste and adjust salt, pepper, and hot sauce. Serve with cilantro, if desired.

WENDY'S TIPS & NOTES

- Use full-fat canned coconut milk for the richest, creamiest texture.
- Start with 1 teaspoon hot sauce for a mild soup. Add more at the table if desired.
- If the soup is too thick, stir in a little extra chicken broth after blending.
- Store leftovers in an airtight container and gently reheat on the stovetop.
- Estimated nutrition: about 285 calories per serving.