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## Sarah's Super Quick Butternut Soup - E

*This is an Instant Pot (electric pressure cooker) recipe by Coach Sarah Truitt from A"ray"a Hope Health. Stove top instructions are also included for those who prefer that method.*

Serving Size: Multiple-serve; Approximately 4

### **INGREDIENTS:**

- 2 teaspoons coconut oil
- 1 small chopped onion
- 1 cup carrots (I used baby carrots and dumped them in whole.)
- 4 cups bone broth (See Recipe Note below.)
- 4 cups butternut squash (I used frozen.)
- 1 teaspoon cinnamon
- 1/4 teaspoon pepper
- 1/2 teaspoon salt
- 1 teaspoon dried thyme
- 1 teaspoon THM Super Sweet Blend

### **INSTANT POT INSTRUCTIONS:**

1. Place coconut oil in instant pot on sauté mode, sauté together onion and carrots for 5 minutes. I did not chop the baby carrots.
2. Place remaining ingredients in Instant Pot and cook at pressure for 8 minutes.
3. Quick pressure release or let natural pressure release, if you have time, then let cool for a few minutes.
4. Use a blender or blender stick to puree the soup.
5. Enjoy! This is a more broth-based soup, than thick.

*(Recipe Continued... Stove Top Instructions, Recipe Notes, and Serving Suggestions)*

*(Sarah's Super Quick Butternut Soup, Continued...)*

**STOVE TOP INSTRUCTIONS:**

1. Sauté the coconut oil, carrots and onions on the stove for 5 minutes.
2. Add the rest of the ingredients and bring to a boil, reduce to medium, cook covered for 30 minutes.
3. Use a blender or blender stick to purée once cooked through.

**RECIPE NOTE:**

- ◆ Concerning the bone broth... I used one with 10 grams of protein per cup of broth, you will want to add protein if use a traditional stock, such as lean chicken, grilled or from a can.

**SERVING SUGGESTION:**

- ◆ Enjoy 1/4 of the soup with some added chicken or a lean protein of your choice, add a side salad with low-fat dressing and maybe a small portion of your favorite fruit.

**Link for this Recipe on Sarah's Site:**

<https://arayahopehealth.com/recipe/butternut-squash-soup-e/>

*Sarah's Super Quick Butternut Soup* recipe and other delicious THM recipes can be found at [www.TrimHealthyMembership.com](http://www.TrimHealthyMembership.com)