

# Instant Pot Butternut Squash Soup

## Ingredients:

- 2 Tbs olive oil
- 3/4 cup yellow onion, chopped
- 3 stalks celery, chopped
- 3 garlic cloves, chopped
- 24 oz. butternut squash, peeled, seeded, and chopped (I find the butternut squash that is already cubed and ready to go. #convenience)
- 12 oz. petite white potatoes (or golden potatoes), chopped
- 1 Tbs fresh sage
- 1 tsp. salt
- 3 cups chicken stock (or just enough to cover the veggies)
- 1/4 cup heavy cream

Set Instant Pot to sauté mode and add oil. Sauté onions, celery, and garlic until onions are a golden yellow and your home is filled with the most amazing aroma coming from the kitchen. :) Add squash, potatoes, sage, salt, and chicken stock. Stir and close lid. Turn valve to "seal" and set the Instant Pot on manual "high" mode for 15 minutes. Let it natural release for 10 minutes and then do a quick release (putting a towel over the vent). Open the lid carefully. Transfer everything to a blender. Blend until smooth. Add heavy cream and blend until combined. Serve with crackers, croutons, pепitas, sunflower seeds, or whatever you desire. Enjoy!

This delicious recipe can be found on the website *Points In My Life*  
([www.pointsinmylife.com](http://www.pointsinmylife.com))

***"Keep calm, the Instant Pot is on!" - Anonymous***