

Carrot Ginger Pressure Cooker Soup

Serves: 10 | *Serving Size:* 1.5 cups
Total Time: 30 min | *Prep:* 15 min | *Cook:* 15 min

Ingredients:

1 tablespoon extra virgin olive oil
2 cups diced onions
1 large potato, peeled and diced
1 cup chopped celery
6 green onions, chopped
2 cloves garlic
6 cups sliced carrots
10 cups vegetable stock
4 cups fat free half and half
1 tsp ground ginger
salt and ground black pepper to taste



Directions:

Place pressure cooker over medium heat. Add the olive oil and saute the onions until they are translucent, about 5 minutes.

Add the garlic and celery and cook for 2 more minutes. Add the potato, carrots, broth, ginger, salt and pepper. Cover with the pressure cooker lid; lock the lid; and cook on medium-high for 8 minutes.

Transfer pressure cooker to the sink and run cold water over it until it is not whistling any more. Remove the lid when it is cool.

Place the pressure cooker back on the stove without the lid and add the fat free half and half. Puree with immersion blender or blender. Bring to a boil and adjust seasonings to taste. Serve hot.

Chef's Tips:

You can also use low-sodium chicken broth in place of the vegetable broth.

Serves 10. Each 1.5 cups serving: 181 calories, 4g fat, 1g saturated fat, 0g trans fat, 5mg cholesterol, 253mg sodium, 29g carbohydrate, 4g fiber, 11g sugars, 9g protein.

Allergens: Milk

* Reported allergens are based on listed ingredients in the recipe. If you are purchasing commercially packaged products such as pie crusts, cereal, or pasta, you need to read the label for additional allergen information.