

CREAMY SPINACH AND POTATO SOUP From Instant Pot® Class with Cookbook Author Laurel Randolph

The Kitchen at Second Harvest



Ingredients

- · 1 tablespoon olive oil
- 1 small onion, dice
- 6 garlic cloves, smashed
- · 2 pounds Yukon Gold or white potatoes, peeled and cut into 1" chunks
- · 3 cups vegetable or chicken broth
- · 1 (12-ounce) bag frozen spinach, defrosted, squeezed of excess moisture, and chopped
- 1 cup whole milk
- Salt and pepper
- 1 cup shredded gruyere or sharp cheddar
- 2 tablespoons finely chopped fresh parsley





Prep Time: 10 minutes Cook Time: 15 minutes Total Time: 35 minutes

Directions

- Turn on the Sauté function. Once hot, add the oil followed by the onion. Sauté for 2 minutes. Add the garlic and sauté for 1 minute. Turn off the Sauté function.
- 2. Add the potatoes and broth and secure the lid.
- 3. Cook at high pressure for 8 minutes and use a quick release.
- 4. Turn on the Sauté function to Low. Add the spinach and the milk and stir. Simmer for 5 minutes, stirring occasionally, and turn off the Sauté function. Season with salt and pepper.
- 5. Use an immersion blender to purée the soup, or purée in batches in a blender with the lid cracked. Return to the pot and turn on the Sauté function to Low if the soup is no longer hot. Once hot, add the gruyere and parsley and stir until the cheese is melted.



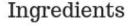
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Serves 6

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