



CREAMY SPINACH AND POTATO SOUP

From Instant Pot® Class with Cookbook Author Laurel Randolph
The Kitchen at Second Harvest



Serves 6

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 35 minutes

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 cheese
- 2 tablespoons finely chopped fresh parsley



Directions

1. 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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