



Ashley's Meal Prep Monday!



Chicken Pot Pie Soup

INGREDIENTS

2 TBSP vegan butter divided
2 lbs boneless, skinless chicken
breasts cubed into bite sized
pieces
½ yellow onion, chopped
3 celery stalks, chopped
4-5 carrots, sliced into rounds
1 ½ lb Yukon or red potatoes,
diced
3 cloves garlic, minced
3 cups vegetable broth
2 sprigs of fresh thyme
1 sprig of fresh rosemary
½ TSP dried sage powder
1 bay leaf
1 TSP salt, *more for taste
1 cup coconut milk
2 cups roughly chopped spinach
or kale
black pepper
parsley for garnish



Turn Instant Pot to Saute and melt 1 TBSP butter. Once hot, saute chicken pieces for 3-4 minutes, until outsides are all white. Pull chicken out and set aside.

Add 1 TBSP butter and saute onions, celery and carrots until onions begin to soften, about 3-4 minutes. Add garlic and cook for another minute.

Turn off saute mode and add in chicken, potatoes, broth, herbs, and salt. Lock lid and turn vent valve to sealing. Cook on high pressure for 8 minutes then quick release when done.

Carefully scoop out about a cup of the cooked potatoes and in a blender, puree with 1 cup of coconut milk. Gently stir creamy mixture back into the soup along with chopped greens. Allow greens to wilt a few minutes.

Enjoy with fresh black pepper and parsley. It also pairs perfect with cornbread!

Recipe Idea: savorylotus.com

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