Ashley's Meal Prep Monday!

Instant Pot - Chicken Pot Pie Soup

INGREDIENTS

2 TBSP butter
1 med onion, diced
3 large carrots, diced
3 large celery stalks, sliced
6 cloves garlic, minced
2 ½ cups chicken broth
2 large boneless, skinless chicken breasts
1 pound potatoes, diced
1 ½ TSP dried sage
2 TBSP chopped fresh thyme
1 cup full-fat coconut cream
1 cup raw cashews
1 ½ TSP salt - or more to taste
pepper
chopped fresh parsley

Recipe idea: 40aprons.com

On satue mode, add 2 TBSP butter to Instant Pot and let melt, stirring occasionally. Add onion, carrots, and celery. Stir and saute 3-5 min. or until onions have softened. Add garlic and stir for 30-60 seconds, until garlic is fragrant.

Add chicken broth, stir while making sure to scrape bottom with wooden spoon. Add in chicken breasts, potatoes, sage, and thyme. Stir to incorporate. Secure lid with valve in sealing position and set to manual high pressure for 10 min, cook time.

Meanwhile, add coconut cream and cashews to a blender and blend until very very smooth - set aside. When time ends on Instant Pot, release pressure and remove lid. Stir soup, chop or shred chicken, season with salt/pepper, and add cashew cream into the soup.

Serve with chopped fresh parsley and if you're like me, also serve with cornbread!

CARTWRIGHT'S MARKET