Vegan Carrot Ginger Soup (Instant Pot)

Vegan Carrot Ginger Soup made in the Instant Pot, or on your stove top. A simple and healthy soup recipe to have on your table in minutes!

<table>
<thead>
<tr>
<th>Prep Time</th>
<th>Cook Time</th>
<th>Total Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 mins</td>
<td>15 mins</td>
<td>25 mins</td>
</tr>
</tbody>
</table>

Course: Soup  Cuisine: American  Servings: 4  Calories: 200 kcal  Author: Denise

Ingredients
- 1 tablespoon olive oil
- 1 onion chopped
- 2 cloves garlic minced
- 2 tablespoons ginger finely chopped
- 5 cups carrots peeled & chopped
- 900 mL vegetable broth
- 3/4 teaspoons salt
- 1/2 teaspoon pepper
- 1 teaspoon dried thyme leaves
- 1 can 400mL/ 13.5 oz coconut milk
- juice of 1/2 lime

Instructions
1. Instant Pot
   2. Cook onion in olive oil using sauté function on your Instant Pot for 5-6 minutes.
   3. Add the garlic & ginger, cook 1-2 more minutes. Turn off sauté function.
   4. Add carrots, stock, salt and pepper and stir to combine. Put the lid on, turn vent to 'sealed' and cook on manual high pressure for 5 minutes.
   5. Do a quick pressure release after time is up.
   7. Stir in coconut milk and lime juice, and enjoy!

Stove Top
1. Cook onion in olive oil over medium heat for 5-6 minutes.
2. Add the garlic & ginger, cook 1-2 more minutes.
3. Add carrots, stock, salt, pepper and thyme, and stir to combine. Cook for 20-30 minutes, until carrots are soft.
4. Blend until smooth with an immersion blender.
5. Stir in coconut milk and lime juice, and enjoy!

Nutrition
Serving: 1/6 of batch  Calories: 200 kcal  Carbohydrates: 13g  Protein: 8g  Fat: 13g  Saturated Fat: 9g  Sodium: 462 mg  Fiber: 3g  Sugar: 7g