

Pumpkin Ginger Bisque

This recipe makes about 9 cups of soup



Ingredients

½ tbsp Canola Oil
1 onion, finely chopped
¾ tbsp minced ginger
1 tbsp minced garlic
½ tsp dried thyme
¼ tsp ground cinnamon
¼ tsp ground black pepper
⅛ tsp salt
1 tbsp all-purpose flour
1 - 15 oz can vegetable broth
1 cup water
2 cups fresh pumpkin puree or 2 -15 oz cans
1 cup fat free milk or milk of choice

Directions:

1. Set the Instant Pot to sauté mode. Add the canola oil and chopped onion and cook for about 3–4 minutes until softened.
2. Add the minced ginger and garlic and cook for another minute, stirring frequently.
3. Stir in the thyme, cinnamon, black pepper, and salt. Sprinkle the flour over the mixture and stir for 1 minute to coat.
4. Gradually add the vegetable broth and water, stirring to prevent lumps.
5. Stir in the pumpkin puree and mix well.
6. Lock the lid and set the Instant Pot to pressure cook on high for 8 minutes.
7. Allow a natural pressure release for 10 minutes, then carefully release any remaining pressure.
8. Stir in the milk and use an immersion blender to blend until smooth (optional for a creamier texture).
9. Let cool completely.
10. Add parchment paper to your trays. Pour soup onto trays, using dividers set to 10 portions to pre-portion and to help freeze dry more evenly.
11. Freeze until Frozen Solid
12. Freeze dry (my cycle time was 36 hours)

Rehydration:

To rehydrate 1 serving (1 ½ cups) of this freeze-dried pumpkin soup, add about 1 to 1¼ cups of hot water, stir well, and let it sit covered for 5–10 minutes until fully rehydrated and heated through. Adjust the water slightly for desired thickness.!

Notes:

This recipe makes about 6 - 1 ½ Cup servings.

This soup is excellent when garnished with fresh chives and sour cream.

Nutritional Value Per 1 serving

Calories: 112 Protein: 3 g Fat: 2.5 g Carbohydrates: 20 g Sugar: 7 g Fiber: 4 g