

# Instant Pot Potato Soup

*This Instant Pot Potato Soup is decadent, creamy, and will come together in your Instant Pot right before dinner.*

**Yield:** 6

**Prep:** 15 minutes      **Cook:** 15 minutes

**Total:** 45 minutes



## Ingredients

- 3 tablespoons salted butter (sub: avocado or olive oil)
- 1 tablespoon avocado (or olive) oil
- 1/2 large yellow onion, diced (a generous 1 cup)
- Salt and pepper, to taste
- 2 cloves garlic, minced (or 1 – 1 1/2 teaspoons pre-minced garlic)
- 3 tablespoons flour (see gluten-free options in Notes)
- 1 quart (32 ounces) chicken broth (sub: turkey stock)
- 3 – 3 1/2 pounds Yukon gold potatoes, diced into 1/2 inch pieces (about 9-10 cups; no need to peel; sub: peeled russet potatoes)
- 1/2 cup sour cream
- Topping ideas: bacon bits, sliced green onion or chives, shredded cheddar cheese, etc.

## Instructions

### Make It Now:

*(Note: Prep the potatoes, onion, and garlic according to ingredient list above and have them waiting on you for this recipe.)*

1. Set Instant Pot to the highest Saute setting and heat butter and olive oil until melted and sizzling. Add diced onion, stirring until soft and translucent, about 3 minutes. Season lightly with salt and pepper while onion cooks. Stir in the garlic during the last 30 seconds of cook time.
2. Add flour, stirring until thickened to create a roux, about 1 minute or so. Turn off the Saute function.
3. Stir in chicken broth, 1 teaspoon salt, and 1/2 teaspoon pepper. Add the diced potatoes to the Instant Pot. Lock and seal the lid, and set to cook on high pressure for 7 minutes. *(Note: It will take about 20 minutes to come to pressure.)* When cook time is up, quick release the pressure.

4. Use potato masher to mash ingredients to desired consistency. (It can quickly turn to baby food consistency, so I recommend going easy at first!)
5. Stir in sour cream until completely melted. Taste and add more salt and pepper, to your preference.
6. Top each bowl with your favorite toppings, like bacon bits, shredded cheddar cheese, and green onion or chives.

**Freeze For Later:** After fully cooking the soup, let it cool. Store in an air tight freezer container and freeze.

**Prepare From Frozen:** To reheat, thaw the soup using one of these methods and then warm over low heat on the stove or in the microwave.

## Notes/Tips

**Gluten-Free Version:** Substitute 1:1 gluten-free flour for the regular flour. Or, skip Step 3 and add a cornstarch slurry at the end of Step 4 instead. To do that, stir together 2 T water and 2 T cornstarch in a small bowl. After releasing the pressure at end of Step 4, stir in the cornstarch slurry while it's still piping hot. It will thicken over the next few minutes.

**Dairy-Free Version:** Substitute plant-based butter or olive oil for the butter. For the sour cream, either omit it or try one of these options instead.

**Want to Add More Veggies?** Up the nutritional value of this soup by using the whole onion (instead of half) and adding some chopped or riced cauliflower (fresh or frozen).

**How to Make on Stovetop:** Use a large stockpot instead of Instant Pot to saute the veggies and flour in butter/oil over medium-high heat, according to Steps 2-3. Add broth and potatoes, bring to a boil, and reduce to simmer. Cook for about 12-15 minutes or until potatoes are tender, stirring occasionally. Remove from heat and follow Steps 5-7.

**Recipe Credit:** A huge thanks to Alyssa Nitz, contributing author, for posting this original delicious recipe many years ago. After retesting on 9/20/22, we have tweaked it slightly and added substitutions and tips. Our changes include using unpeeled Yukon gold potatoes (instead of peeling Idaho potatoes), salting and peppering the onions, and using a quick release of pressure (instead of natural release). Thanks for the great recipe, Alyssa!!

# nutrition facts

Serves 6

Calories Per Serving: **291**

					% DAILY VALUE		
Total Fat 12.8g	<b>16%</b>	Cholesterol 26.5mg	<b>9%</b>	Sodium 643.4mg	<b>28%</b>	Total Carbohydrate 36.3g	<b>13%</b>
Dietary Fiber 4.3g	<b>15%</b>	Sugars 5.3g		Protein 8.5g	<b>17%</b>		

© **Author:** Polly Conner

**Cuisine:** American **Method:** Instant Pot

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