



Instant Pot Pumpkin Bacon Soup

Active Time: 5 minutes | **Total Time:** 45 minutes | **Serves:** 6

Nutrition Information Per Serving

180.3 calories, 9.15 g carbohydrate, 2.29 g fiber, 6.86 g NET carbs, 6.28 g protein, 14.26 g fat

Ingredients

- 1 tsp Real Salt
- 6 slice(s) bacon, chopped
- 4 cup(s) chicken broth
- 1/2 tsp(s) pepper
- 1/2 tsp(s) garlic powder
- 1 tsp thyme
- 1/2 cup(s) heavy cream
- 1/8 cup(s) pumpkin seeds or 2 Tbsp. pumpkin seeds
- 1 15-ounce can pumpkin puree

Preparation

1. Add the bacon to the Instant Pot. Turn to Saute and cook until crisp. Remove cooked bacon and reserve.
2. Add the pumpkin puree, chicken broth, salt, pepper, garlic, and thyme.
3. Close and lock the lid. Set to SOUP.
4. When the time is up, perform a quick release. Whisk in the heavy cream.
5. Ladle into serving bowls and top with reserved bacon and pumpkin seeds.

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