



Instant Pot Minestrone Soup (Vegan & Vegetarian)

8 servings

40 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1 Yellow Onion (chopped)
- 2 stalks Celery (chopped)
- 1 Carrot (chopped)
- 1 Zucchini (chopped)
- 4 Garlic (cloves, minced)
- 1 tsp Oregano
- 1 tsp Dried Basil
- 1 tsp Dried Thyme
- 1 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 3/4 lbs Crushed Tomatoes (canned)
- 14 1/2 ozs Fire Roasted Diced Tomatoes (canned)
- 4 cups Vegetable Broth (plus up to 3 additional cups)
- 8 ozs Chickpea Pasta (dry)
- 1 can Red Kidney Beans (rinsed)
- 1 can White Navy Beans
- 1 cup Frozen Green Beans (small cut)
- 1 cup Frozen Peas
- 2 cups Kale Leaves (about 1/2 to 1 bunch, torn into small pieces)
- 2 Bay Leaf (optional)

Directions

- 1 Chop the onion, carrot, and celery. Turn your instant pot to sauté mode on "low" or "normal" and add oil. Add the onion, carrot, and celery and cook until beginning to soften about 5 minutes stirring often to prevent burning. Add the garlic, oregano, thyme, basil, and salt and pepper.
- 2 Chop the zucchini and add to the instant pot. Then, add the cans of tomato, the dry pasta, and the vegetable broth. Stir together and then secure the lid. *If you are using the optional bay leaf then add in now.
- 3 Set to pressure cook on high for 3 minutes. Keep it mind it will take about 10 minutes to come to pressure before the 3 min cook time begins.
- 4 Meanwhile, rinse the kale and tear the leaves from the stem and break them into small bite size pieces. Also, rinse and drain the beans and set aside.
- 5 When timer is done, press the button to release the pressure (it can take a couple minutes for pressure to release). Once safe, remove the lid and give it a stir. Remove bay leaf if using. Turn the instant pot back to sauté mode for about 5 minutes.
- 6 Add the beans, kale, peas, and green beans and stir to get incorporated making sure to push the kale down into the hot soup. Allow to cook for 5 - 10 minutes until kale is wilted and green beans and peas are tender. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

No Chickpea Pasta: Swap with any other pasta such as brown rice pasta, lentil pasta, or whole wheat pasta.

Consistency: Add more broth or water to thin the soup as needed to your liking. As

written, this recipe is more on the chunky side but can easily be thinned with more liquid after cooking. The soup will thicken when you put it in the fridge but you can always thin it with broth or water before serving.

Frozen or Canned Vegetables: You can swap the fresh carrots for frozen, the frozen peas for canned, the fresh onion for frozen, or the frozen green beans for canned.

Don't Like Certain Veggies: No worries, just omit or swap anything you don't like!

Servings: Serving size is an estimate and may be more or less depending on how large of bowls you use (or your appetite).



Instant Pot Zuppa Toscana Inspired Soup

8 servings

30 minutes

Ingredients

- 1 tsp Avocado Oil
- 1 Yellow Onion (chopped)
- 1 lb Ground Italian Chicken
- 2 tsps Garlic (minced)
- 1 tbsp Italian Seasoning
- 1 Sea Salt & Black Pepper (to taste)
- 1/4 tsp Red Pepper Flakes
- 1 1/2 lbs Baby Gold Potatoes (quartered)
- 1 head Cauliflower (small, cut into florets)
- 4 cups Chicken Broth (up to 5 cups)
- 6 slices Bacon (cooked and then cut into small pieces)
- 13 1/2 ozs Canned Coconut Milk (full fat)
- 2 cups Kale Leaves (about 1/2 to 1 bunch, torn into small pieces)
- 1 Zucchini (chopped)
- 1 can White Beans

Directions

- 1 Preheat oven to 400 F and line a baking sheet with parchment. Place 6 slices of bacon across the sheet and bake for about 20 minutes until crisp. While the bacon cooks, turn your instant pot to sauté on "low" or "normal" and add the oil.
- 2 Chop the onion and add to the pot. Then, add the ground italian chicken. Stir often to prevent burning and be sure to scrape the bottom with your spoon/spatula. As the chicken cooks, use the end of your spatula to break it up into small pieces. Season with the salt, pepper, red pepper flakes, italian seasoning, and garlic.
- 3 While the chicken cooks, chop the potatoes, cauliflower, and zucchini.
- 4 When the chicken is no longer pink and onions are getting translucent, turn the pot off. Then, add the potatoes, zucchini, cauliflower, and the chicken broth.
- 5 Secure the lid on the instant pot and then turn on pressure cook on high for 5 minutes. Keep in mind it will take about 10 minutes for it to come to pressure.
- 6 While the soup cooks, wash and tear the kale into small pieces, blot the bacon to remove grease and chop into small pieces, and then rinse and drain the beans.
- 7 Once the pressure cooker timer goes off, press the button to manually release the pressure. It can take a few minutes for the pressure to release. Once it's safe, remove the lid.
- 8 Turn the pot back to sauté mode for about 5 minutes. Stir in coconut milk, beans, bacon, and kale. Use your spoon to push kale down into the hot soup. Let everything cook for 5 minutes until the kale is wilted.

Notes

Servings: Servings may vary depending on the size of your bowls. You may get slightly more or less.

No Bacon: Simply omit! Tastes great without the bacon also.

No Italian Ground Chicken: Swap for ground turkey, plain ground chicken, or ground pork.

Tips for Hiding the Cauliflower: Rice the cauliflower in a food processor, use a prepackaged cauliflower rice, or steam and blend into a puree.

No Baby Gold Potatoes: You can use normal size and cut them smaller or swap for a red potato or russet (although flavor may change a bit with these potatoes).

Consistency: For a thinner soup, simply add more broth or water until reaches your desired consistency.