

LOVE THY CARROT

real food made with love

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HEARTY BEAN SOUP IN THE INSTANT POT

This soup is hearty and rich.
Makes 8 big servings.

INGREDIENTS

12 1/2 cups of mixed beans, rinsed
1 (14.5 ounce) can diced Italian-style tomatoes
10 cups vegetable broth or water
2 carrots, diced
1 onion, diced
2 stalks celery, chopped
2 cloves garlic, minced
1 teaspoon sea salt
1 teaspoon smoked paprika
1/2 teaspoon ground black pepper
a few big handfuls or swiss chard or baby spinach

DIRECTIONS

1. Combine rinsed beans, diced tomatoes, vegetable broth, carrots, onion, celery, garlic, salt, paprika, and black pepper in an Instant Pot. Close and lock the lid. Select high pressure according to manufacturer's instructions; set timer for 35 minutes.
2. Let pressure release naturally before removing lid.
3. Taste and adjust seasoning, you may need to add more salt or pepper to taste.
4. Add in chopped swiss chard or baby spinach.

COOKS NOTES

The soup will thicken up so you may need to add more broth or water to thin out. Go ahead and freeze any leftovers.