

Instant Pot Minestrone Soup

17 ingredients · 45 minutes · 6 servings



Directions

1. Select Sauté function and add the olive oil to the pressure cooking pot. When the oil is hot, add the onion, carrots, and celery. Sauté for about 5 minutes until tender stirring frequently so as to not burn. Add the garlic and cook for 1 minute more. Add the remaining ingredients (except grain and topping). Lock the lid in place and select the soup or manual setting (30 minutes).
2. While soup is cooking use this time to clean up and get other stuff done.
3. When the cook time ends use the quick pressure release function to let the steam out. Open up the pressure cook, remove bay leaves and add the grain. Put the lid back on and let the soup sit to cook the grain. If using Farro I recommend about 20 minutes and for quinoa you'll need less time so I would open it up after 10 minutes to check so that it doesn't get soggy.
4. Add additional salt & pepper to taste and serve with optional cheese and/or pesto topping and enjoy!

Notes

Toppings

Optional Toppings: Parmesean cheese and/or a dalup of the pesto

Organic Ingredients

Recommend using organic ingredients for vegetables (especially tomatoes, pepper, marinara sauce and celery) and broth, if possible.

Leftovers

This hearty soup is so delicious leftover when the flavors have more time to absorb and is an excellent dish for meal prep. You may need to add additional broth if needed. I love having at least one serving to freeze for a quick lunch.

Tomatoes

You can use a can of chopped tomatoes if you don't have fresh just remove the juice or adjust the broth accordingly.

Ingredients

- 2 tbsps** Extra Virgin Olive Oil
- 3** Bay Leaf
- 1 can** Cannelli Beans (14oz)
- 4** Carrot (chopped)
- 4 stalks** Celery (chopped)
- 4** Garlic (cloves)
- 2 cups** Green Beans (cut into 1in pieces)
- 1** Yellow Onion (chopped)
- 1** Red Bell Pepper (chopped)
- 3** Tomato (chopped)
- 3 cups** Marinara Sauce (1 24oz jar)
- 1/4 cup** Pesto (made preferably with kale or spinach)
- 3 cups** Organic Vegetable Broth (organic, or chicken bone broth)
- 1 cup** Farro (if GF use quinoa)
- 2 tpsps** Paprika (smoked)
- 1 tbsps** Italian Seasoning
- 2 tpsps** Sea Salt

Nutrition

Amount per serving

Calories	187	Cholesterol	0mg
Fat	11g	Sodium	1385mg

Stephanie Potter

<http://www.stephaniemaypotter.com>

The logo for Stephanie May Potter, featuring a stylized red script signature.

STEPHANIE MAY POTTER
health & lifestyle coach

Pesto

I love Freak Flag Foods Kale Pesto (local in the Twin Cities) but Whole Foods and co-ops will have other good clean brands as well. Alternatively, you can make your own pesto like my Easy Spinach Pesto.

Carbs	20g	Vitamin A	10398IU
Fiber	6g	Vitamin C	63mg
Sugar	11g	Calcium	128mg
Protein	6g	Iron	2mg