

Minestrone Soup

Pressure Cooker Recipe

Ingredients:

1/2 cup each dried pinto, kidney and small white beans
2 cups chopped celery
1 large onion, chopped
2 medium carrots, quartered and sliced
2 garlic cloves, minced
1 cup small shell or elbow noodles, uncooked
2 medium zucchini, quartered lengthwise and sliced
1/3 head of cabbage, shredded
2 (14 ounces) cans petite diced tomatoes
3 tablespoons parsley flakes
1 tablespoon Italian seasoning
1 1/2 teaspoon salt



Preparation:

Measure and sort beans, cover with water and soak overnight. Drain and rinse beans next day. Place soaked beans in pressure cooker with 6 cups of fresh water. Do not place lid on cooker yet. Bring beans to a boil over medium/high heat and cook for about 30 minutes while chopping vegetables. Add celery, onion, carrots, garlic, noodles and 3 additional cups of fresh water to cooker. Stir well and secure lid. Bring cooker to medium pressure and adjust heat to maintain temperature. Set timer for 13 minutes. Steam zucchini and cabbage separately until just tender.

Quick release lid and add zucchini, cabbage, tomatoes, salt and seasonings. Stir until thoroughly mixed.

Minestrone Soup

Pressure Cooker Recipe

Ingredients:

1/2 cup each dried pinto, kidney and small white beans
2 cups chopped celery
1 large onion, chopped
2 medium carrots, quartered and sliced
2 garlic cloves, minced
1 cup small shell or elbow noodles, uncooked
2 medium zucchini, quartered lengthwise and sliced
1/3 head of cabbage, shredded
2 (14 ounces) cans petite diced tomatoes
3 tablespoons parsley flakes
1 tablespoon Italian seasoning
1 1/2 teaspoon salt



Preparation:

Measure and sort beans, cover with water and soak overnight. Drain and rinse beans next day. Place soaked beans in pressure cooker with 6 cups of fresh water. Do not place lid on cooker yet. Bring beans to a boil over medium/high heat and cook for about 30 minutes while chopping vegetables. Add celery, onion, carrots, garlic, noodles and 3 additional cups of fresh water to cooker. Stir well and secure lid. Bring cooker to medium pressure and adjust heat to maintain temperature. Set timer for 13 minutes. Steam zucchini and cabbage separately until just tender.

Quick release lid and add zucchini, cabbage, tomatoes, salt and seasonings. Stir until thoroughly mixed.