

Instant Pot 7-Vegetable Soup

MAKES 14 SERVINGS

Courtesy of Erin

Submitted by Katie Post

Ingredients

1 tablespoon extra-virgin olive oil
2 medium onions, chopped
4 medium carrots, chopped
4 stalks of celery, chopped
4 cloves of garlic, minced
4 cups chopped cabbage
1 green bell pepper
1 zucchini
1 14-oz. can of diced tomatoes
8 cups low-sodium vegetable broth
1 bay leaf
1 tsp. oregano
1 tsp. basil
½ tsp. red pepper flakes
1 tsp. salt
½ tsp. black pepper



Directions

1. Set Instant Pot to the sauté setting. Add the olive oil and allow to heat for 1 minute. Add the onion, carrots, and celery and cook, stirring occasionally, until softened, 5-7 minutes. Stir in the garlic and cook for 1 minute longer.
2. Add the cabbage, green pepper, zucchini, tomatoes, broth, bay leaf, spices, and salt and pepper. Stir to combine.
3. Put the lid on the Instant Pot, close the steam vent and set to HIGH pressure using the manual setting. Decrease the time to 4 minutes. It will take about 15 minutes for the pressure to build, then the timer will start.
4. Once the time is finished, wait for 5 minutes, then carefully use the quick release valve to release the steam. Serve and enjoy!

NUTRITION FACTS

Per Serving (1 cup): 47 calories, 1 g fat, 0 g sat. fat, 315 mg sodium, 9 g carbs, 3 g fiber, 1 g protein