



Mediterranean Vegetable Soup

A healthy way to keep warm in the winter!



INGREDIENTS

- 2 T Olive oil, or other oil of choice
- 1 medium onion, diced
- 2 large carrots, diced or thinly sliced
- 2-3 ribs of celery, diced
- 6 cloves of garlic
- 1 28 oz can of diced tomatoes or crushed tomatoes, undrained
- 2 15-oz cans of Cannellini Beans, drained & rinsed
- 4 cups vegetable broth, or broth of choice
- 1/2 t. salt
- 1 t. Italian seasoning
- 1/4 t. cayenne pepper, or to taste
- 4 cups kale, any variety, roughly chopped

DIRECTIONS - PRESSURE COOKER

1. Select the "Saute" setting and warm oil.
2. When hot, add onions, carrots and celery; saute a few minutes until slightly tender, stirring as needed.
3. Add garlic in and saute 1-2 minutes more.
4. Stir in tomatoes, beans, broth, and all seasonings.
5. Secure the lid and be sure the pressure valve is set to the "Seal" position.
6. Select 'Manual' or 'Pressure' option and set on High pressure for 2 minutes.
7. When the cycle completes, allow the pressure to naturally release. This takes 10-15 minutes.
8. Turn the release valve to "Vent" position to release any remaining steam and unlock and remove the lid.
9. Stir in the kale, close the lid and let rest for 5 minutes to wilt the kale.
10. Serve warm and garnish with croutons, shaved parmesan cheese, fresh parsley or lemon zest.

Refrigerate in an airtight container for up to 5 days or freeze up to 3 months.