



Pressure Cooker Potato, Kale & White Bean Soup

4 servings

30 minutes

Ingredients

4 cups Vegetable Broth
 1 Yellow Onion (medium, chopped)
 3 Carrot (medium, sliced)
 3 stalks Celery (sliced)
 4 Garlic (clove, minced)
 1 tsp Oregano
 1/2 tsp Dried Thyme
 4 cups Mini Potatoes (quartered)
 1 3/4 cups Cannellini Beans (cooked)
 Sea Salt & Black Pepper (to taste)
 2 cups Kale Leaves (chopped)
 2 tbsps Lemon Juice

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 268 |
| Carbs | 57g |
| Fiber | 12g |
| Sugar | 8g |
| Protein | 9g |
| Cholesterol | 0mg |
| Sodium | 1023mg |
| Vitamin A | 8822IU |
| Vitamin C | 48mg |
| Calcium | 119mg |
| Iron | 5mg |
| Vitamin D | 0IU |

Directions

- 1 Turn the pressure cooker to "sauté" mode. Add a splash of broth and once hot, add the onion, carrot, and celery. Sauté for three to four minutes until slightly softened. Add the garlic, oregano, and thyme and sauté for another 30 to 60 seconds. Cancel "sauté" mode.
- 2 Add the potatoes, beans, and remaining broth, and season with salt and pepper. Close the lid of the pressure cooker.
- 3 Set the pressure cooker to "sealing" and cook on high pressure for 10 minutes. Once finished, carefully release the pressure manually.
- 4 Carefully open the lid and add the kale and lemon juice. Let it sit until the kale is wilted. Divide evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Serving Size: One serving is approximately two cups.

Additional Toppings: Parsley and/or a drizzle of olive oil.