

Instant Pot Vegetable Soup

A hearty pressure-cooker soup of potatoes, carrots, celery, beans and corn in a tomato and herb broth, with spinach stirred in at the end.

PREP	COOK	TOTAL	SERVES
15 min	2 min	42 min	8

INGREDIENTS

1 tsp canola oil	3 large carrots, peeled and chopped
1 medium onion, finely diced	2 ribs celery, sliced
1 tbsp tomato paste	1½ cups fire-roasted diced tomatoes (398 ml / 13 oz)
2 tsp minced garlic	1 cup fresh green beans, cut in thirds
2 tsp Italian seasoning	½ cup corn (canned, frozen or fresh)
2 tsp salt	1 bay leaf
¼ tsp black pepper	1 cup finely chopped spinach
6 cups low-sodium chicken or vegetable broth	
1 lb potatoes, chopped (about 3–4 medium)	

METHOD

- 1 Set the Instant Pot to sauté and warm the oil. Cook the onion, stirring, until soft.
- 2 Switch the pot off. Stir in the tomato paste, garlic, Italian seasoning, salt and pepper and let the residual heat cook them for 1 minute.
- 3 Pour in the broth while the pot is still hot and scrape up any browned bits from the bottom.
- 4 Add the potatoes, carrots, celery, tomatoes, green beans, corn and bay leaf. Stir.
- 5 Lock the lid, set the valve to sealing, and pressure cook on high for 2 minutes. Expect about 15 minutes for the pot to come to pressure first.
- 6 When the timer ends, let the pressure release naturally for 8–10 minutes before opening the valve — a quick release can splatter hot soup.
- 7 Remove the bay leaf, stir in the spinach and taste. A teaspoon of sugar rounds out the tomato paste if it reads sharp. Serve hot.

NOTES

Keeps 3–4 days refrigerated in an airtight container.

Freezes well for 4–6 months; cool fully first, thaw overnight in the fridge.

Makes roughly 9½–10 cups; a serving is about 2 cups.

Per serving — Calories: 125 kcal · Carbs: 23 g · Protein: 6 g · Fat: 2 g · Sodium: 757 mg · Fiber: 3 g · Sugar: 5 g

Adapted from The Recipe Rebel · <https://www.thereciperebel.com/instant-pot-vegetable-soup/> · Potbelly, typeset