

Harvest Vegetable Instant Pot Minestrone

This hearty minestrone soup is not only easy to make but also kid-friendly. Harness the power of your Instant Pot or other multicooker to cook dried beans without having to soak them overnight, and to infuse the broth with loads of flavor in a short period of time.



By Darshana Thacker

Makes 7 cups

Ingredients

2 cups chopped onions
1 cup dried white beans (any variety), rinsed and drained
4 cloves garlic, minced
1 cup ½-inch pieces carrots 1 cup ½-inch pieces celery
1 cup ½-inch pieces parsnips 1 cup ½-inch pieces turnip
1 cup ½-inch pieces rutabaga
1 teaspoon dried basil, crushed
½ teaspoon dried thyme, crushed
½ teaspoon dried rosemary, crushed
¼ teaspoon dried oregano, crushed
3 cups dried shell pasta
1 6-oz. can no-salt-added tomato paste
Sea salt and freshly ground black pepper, to taste

Directions

In a 6-qt. Instant Pot multicooker combine onions, beans, and garlic. Stir in 3 cups water. Lock lid in place; set pressure valve to Sealing. Set cooker on Bean setting and cook 35 minutes. Let stand to release pressure naturally (about 20 minutes). Open lid carefully.

Stir in the next nine ingredients (through oregano). Set cooker on Sauté setting and Low temperature. Cook, uncovered, 10 minutes. Stir in pasta, tomato paste, and 3 cups hot water. Cook, uncovered, 10 minutes more or until pasta is tender but still firm (add 1 cup hot water if necessary). Salt and pepper to taste.