

Title: Pressure Cooker White Bean Soup

Chef: Mark

Ingredients

| | |
|---|--|
| <input type="checkbox"/> 2 medium carrots, chopped | <input type="checkbox"/> 2 stalks celery, sliced |
| <input type="checkbox"/> 1 medium onion, chopped | <input type="checkbox"/> 3 cloves garlic, crushed |
| <input type="checkbox"/> 1 Tbsp Italian herbs blend | <input type="checkbox"/> 1 bay leaf |
| <input type="checkbox"/> 1 cup dried white beans (Great Northern, navy, etc.) | <input type="checkbox"/> 6 cups stock or water (chicken, veggie, etc.) |
| <input type="checkbox"/> 1–2 cups chopped kale | <input type="checkbox"/> Juice of 1/2 lemon |
| <input type="checkbox"/> Olive oil | <input type="checkbox"/> Sharp Italian cheese (to serve) |

Steps

1. Sauté carrots, celery, onion, and garlic (not kale) in olive oil until soft; add a little salt at the start.
 2. Stir in Italian herbs and bay leaf; sauté until fragrant.
 3. If sautéing in the pressure cooker, add a little stock to deglaze. Otherwise, transfer vegetables to the pressure cooker.
 4. Add dried beans and stock.
 5. Seal and cook on high pressure for 50 minutes.
 6. Let pressure naturally vent for about 10 minutes, then finish venting manually.
 7. Add kale and lemon juice; stir to incorporate.
 8. Cover and cook on high pressure for 8 minutes.
 9. Let pressure naturally vent about 10 minutes, then finish venting manually.
 10. Serve in bowls topped with sharp Italian cheese.
-

Notes

Flexible on bean and stock choice; pressure cooker required.