

# Minestrone Soup

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## **From Kurt**

*Here's one of our favorite soups. It is written for a pressure cooker but can be done in a slow cooker or stovetop. From Pinchofyum.com*

## **INGREDIENTS**

4–5 carrots, chopped  
4–5 celery stalks, chopped  
half an onion, chopped  
3 cloves garlic, minced  
half of a head of green cabbage, thinly sliced  
1/4 cup DeLallo pesto  
1 24-ounce jar of DeLallo marinara sauce  
1 14-ounce can cannellini or navy beans  
3 cups water  
1 teaspoon salt  
3 bay leaves  
2 teaspoons smoked paprika (*optional – see notes*)  
To add at the end:  
1 cup uncooked bulgur  
chopped fresh parsley  
Parmesan for topping

## **DIRECTIONS**

1. Place everything in the first list inside an Instant Pot / pressure cooker. Turn on the soup setting (*30 minutes*). Go put your feet up!
2. Use the quick release to let the steam out (*hang on, it takes a few minutes*). Pull out the bay leaves. Add the bulgur, replace cover, and let it all sit together to cook the bulgur for a while (*about 20 minutes*). Add more water as needed.
3. Serve with Parmesan and fresh parsley. I'd also like to mention that the leftovers are mighty delicious.