

# Black Beans, Onions, and Carrot Soup (makes 8 servings of 1 cup)

## Ingredients:

1x 16 oz bag black beans dried  
7x cups water  
1x yellow onion  
1x foot long carrot (or two 6 inch carrots)  
basil  
oregano  
garlic powder  
pepper

## Steps:

1. Open black beans dried bag, and dump into a colander. Rinse. Place into the Instant Pot.
2. Dice carrot and onions. Place into the Instant Pot .
4. Measure 7 cups of water. Pour into the Instant Pot .
5. Stir to level ingredients in Instant Pot.
6. Generously sprinkle basil, oregano, garlic powder, and pepper to cover the liquid surface. Stir.
7. Add salt to taste (if necessary)
8. Cover Instant Pot lid. And rotate to lock.
9. Rotate steam valve 1/4 turn and release to make sure pressure cooker mode is sealed.
10. Press the 'Pressure Cook' button and adjust cook time to 35m.
11. Instant Pot will start cooking after a few seconds.
12. It will take several minutes (about 15) to pressurize
13. Once pressurized, the 35m timer starts counting down.
13. When the 35m timer reaches zero, an alarm will sound.
14. Press the steam valve in and steam will start to escape quickly. Steam is hot! Watch out.
15. Once the red metal pressurized indicator falls back into the lid, rotate to unlock.
16. Drain the lid back into soup.
17. Ladle soup into plasticware for storage.

## Nutrition Info (per serving: 1 cup, 236g):

kcal	221
carb	37g
fat	2g
protein	13g
sodium	23mg
fiber	20g
price per serving	\$0.40
price per kcal	0.18c