

POTATO and VEGETABLE SOUP

SUPER SIMPLE
Vegan

Instant Pot, High for 20 Minutes

Ingredients

5c of water
1 medium onion, chopped
3 garlic cloves, minced
2 corn on the cob kernels
3c diced potatoes (I got red fingerling and they look like sausages!)
½ Poblano pepper
1/2c chopped parsley
1/2c chopped cilantro
3/4c frozen green peas
1c shredded mushroom
1/2c shredded green zucchini
1/2c shredded yellow summer squash
1c kale, sliced into small strips
1/2c shredded carrots
1c uncooked brown rice WELL RINSED!

Spices

1 vegan bullion cube (I used Chick'n flavor)
1T drizzle EVOO
2t cumin
1t oregano
1/2t rosemary
1/2t thyme
1t black pepper (coarse)
1/2t pink himalayan sea salt
1/8t cayenne pepper

Start:

Chop Onion and Garlic place in separate bowl (glass or metal, it will change the flavor of plastic)

CHOP EVERYTHING ELSE UP and place in separate bowl.

Blend your spices together using a fork, set aside.

Turn Instant Pot on SAUTE.



Add onions for 1 minute then garlic for 1 minute stirring constantly to soften them.

Add half the veggies, stir well.

Add 4 cups of water.

Add spices, stir well again.

Add remainder of veggies.

Stir (duh, right?). Try to get everything immersed in the water.

Add rice.

Add last cup of water and press rice into the mixture well.

Place IP lid on, turn to steam release off.

Press MANUAL.

Set for HIGH.

Set for 20 Minutes.

Just enough time to get your kitchen put back together!

When done cooking I normally let my IP sit for a little longer and allow the steam to release on its own. If you choose to hurry the process when it is done cooking and timer has gone off just be safe with your release valve. Wear oven mitt and to avoid spraying steam everywhere drape a lightweight (like a bread covering towel) kitchen towel over the top (only one layer).

Please let me know how you like this recipe!

Thanks!

Sarita

PS: Your house will smell SO GOOD from start to finish. Nothing as good as chopped fresh produce then all of these spices.