

Instant Pot Vegetable Soup

- 1 tbsp Extra Virgin Olive Oil, plus more for serving
- 1 Medium Onion, chopped
- 4 Garlic Cloves, minced
- Kosher Sea Salt
- Freshly Ground Black Pepper
- 1 tbsp Tomato Paste
- 2 cups Chopped Cabbage
- 2 cups Small Cauliflower Florets
- 2 Carrots, peeled and thinly sliced
- 2 Celery stalks, thinly sliced
- 1 Red Bell Pepper, chopped
- 1 Medium Zucchini, chopped
- 1 oz Can of Kidney Beans, rinsed and drained
- 1 oz Can of Diced Tomatoes
- 4 cups Low Sodium Vegetable Broth
- 2 tsp Italian Seasoning
- ¾ tsp Paprika
- Freshly Chopped Parsley, for serving

1 Set Instant Pot to “Sauté” and add oil, onion, and garlic. Season generously with salt and pepper. Cook, stirring occasionally, until onion softens, 5 minutes. Add tomato paste and cook, stirring, 1 minute. Add remaining ingredients and stir to combine.

- 2** Lock lid and set machine to cook at high pressure for 12 minutes. When finished, carefully turn steam valve to the venting position to release the pressure.
- 3** Stir soup and season with salt and pepper.
- 4** Garnish with parsley and a drizzle of olive oil before serving.