

# VEGETABLE SOUP

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SERVINGS: 12  
GENEROUSLY (MAKES  
ABOUT 4.5 QUARTS)

TOTAL TIME: 2 HOURS  
INGREDIENTS

1 TBSP olive oil  
1 large onion  
3 large carrots diced  
3 celery stalks diced  
3 garlic cloves minced  
1/2 small head of cabbage  
chopped  
6 oz tomato paste  
8 oz tomato sauce  
20 oz whole tomatoes canned  
1 TBSP beef bouillon powder  
1/2 lb dried navy beans, rinsed  
1.5-2 lbs frozen veggies  
2 cups water  
2 tsp ground pepper  
1 TBSP salt

## DIRECTIONS

1. Set your multicooker (electric pressure cooker) to the saute feature. Warm the oil in the pot.
2. Add the onion, carrots, celery and garlic to the pot and saute until soft (3-5 minutes).
3. Add the rest of the ingredients including the water. Adapt the water to the consistency of soup that you prefer, but make sure you don't overfill your cooker. This makes a lot of soup!
4. Turn the cooker to high, and set the time to 80 minutes. Let the pressure naturally release or quick release the pressure.
5. Serve warm with crackers or bread and your favorite toppings.

## Notes:

1. You can also use a frozen bean such as limas in this recipe. If you use a canned/frozen/cooked bean, then you can cook the soup on the stove in a large stock pot for about an hour. The pressure cooker is used because there are dried beans. If you use a larger bean, make sure to increase the cooking time.
2. This soup freezes well. Divide the soup into freezable containers and cool prior to freezing. You may need to add more water to thin the soup when reheating.