



A Nutrition Resource

Mixed Vegetable Soup

Pressure Cooker Recipe

Yield: 8 Servings

Ingredients:

- 3 tablespoons olive or vegetable oil
- 1 large onion
- 1 teaspoon minced garlic
- 2 medium red potatoes, diced
- 2 large carrots, diced
- 1 cup peas, fresh or frozen
- 1 pound lima beans, shelled • ½ pound fresh green beans, trimmed and cut in half
- 2 teaspoons flour (leave out to make this soup gluten free)
- 1 cup chicken broth or vegetable stock
- salt and pepper to taste

Directions:

- 1) Wash hands and clean surfaces.
- 2) Set pressure cooker to high sauté.
- 3) Add onion and garlic when display reads hot.
- 4) Sauté until onion is soft, about 4 minutes. Stir frequently so that onions do not burn.
- 5) Add all other vegetables, salt and pepper, broth, and flour if using.

Nutrition Facts

Amount per		
1 serving (7.8 oz)		220 g
Calories 175	From Fat	51
% Daily Value*		
Total Fat 6g		9%
Saturated Fat 4.3g		22%
Trans Fat 0g		
Cholesterol 1mg		0%
Sodium 144mg		6%
Total Carbohydrates 26g		9%
Dietary Fiber 5g		21%
Sugars 4g		
Protein 6g		12%
Vitamin A 66% • Vitamin C 43%		
Calcium 5% • Iron 16%		

* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Buy Eat Live Better Nutrition Education Program | www.montana.edu/extension/buyeatlivebetter

This Institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This work is supported by the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider, employer, and lender. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



Find us on Pinterest
pinterest.com/buyeatlive



Find us on Facebook
facebook.com/buyeatlivebetter



MONTANA
STATE UNIVERSITY

EXTENSION



A Nutrition Resource



- 6) Stir mixture and scrape bottom of the pan to ensure nothing is sticking to the bottom.
- 7) Press cancel on pressure cooker.
- 8) Lock on the lid and turn vent knob to seal position.
- 9) Set pressure cooker to high pressure for 5 minutes. The pressure cooker will take about 30 minutes to rise to pressure, and then the 5-minute cook cycle will begin.
- 10) Allow pressure cooker to naturally release for 10 minutes, then manually release any remaining steam.
- 11) Open lid carefully.
- 12) Serve immediately or store in an airtight container in the fridge for 4-6 days.

TIPS:

- Most Americans do not get enough vegetables in their diet. My Plate recommends 5 servings of fruits and vegetables a day, soups are a great way to increase your veggie intake. Leave chunks or blend the soup together with an immersion blender, depending on preference.
- Enjoy with a whole grain grilled cheese or add legumes, like black beans or chickpeas, to round out complete protein sources for a meatless meal.

Please be aware that pressure cooker designs and functionalities vary across different brands and models. As a result, the instructions provided in this recipe may not be universally applicable. Users should consult their specific pressure cooker's manual to ensure proper usage and safety. Montana State University Extension does not endorse any specific brand or model, nor does it assume responsibility for any damages or injuries resulting from the use of a pressure cooker.

Buy Eat Live Better Nutrition Education Program | www.montana.edu/extension/buyeatlivebetter

This Institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This work is supported by the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider, employer, and lender. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



Find us on Pinterest
pinterest.com/buyeatlive



Find us on Facebook
facebook.com/buyeatlivebetter



MONTANA
STATE UNIVERSITY

EXTENSION