InstantPot Minestrone

Ingredients

3 tablespoons olive oil
1 onion diced—I prefer red
2 large carrots cleaned and cut into mouth-size pieces
3 celery ribs sliced
1 zucchini sliced into discs
3 garlic gloves minced
6 cups of stock-chicken, beef or vegetable
1 small can of crushed tomatoes
1 small can of diced tomatoes
I can cannellini beans-drained and rinsed
1 can of red kidney beans
Optional—sautéed pancetta or bacon
1 cup ditalini or mini shells

Spices:, 1 teaspoon of dried oregano/basil/thyme/black pepper, 2 tsp of salt—if you want a little punch, add some dried red pepper flakes

10 oz of green beans and or peas
5-6 oz spinach
Grated parmesan cheese for serving

1. Using the SAUTE function, make the soup base. Heat the olive oil and sauté the pancetta/bacon/onions for 2-3 minutes. Add the garlic and sauté another 30 seconds

2, Add the carrots and celery and mix well with the base
3. Add the spices and mix well

Turn off SAUTE

4 Add broth , zucchini, pasta, beans, tomatoes, peas—other vegetables if you like
5. Use STEW/SOUP function and pressure cook for 4 minutes
6. DEPRESSURE
7. Add spinach and let sit for 5 minutes

SERVE WITH TOASTED BREAD AND FRESHLY PARMESAN CHEESE

INSTANT POT CHEESE AND PEA RISOTTO

INGREDIENTS

1 TSP BUTTER AND OR OLIVE OIL
1 DICED ONION—I LIKE RED
3 CLOVES OF DICED GARLIC
2 CUPS ALBORIO RISOTTO RICE
1/2 CUP WHITE WINE—PINOT GRIGIO WORKS WELL
2 TSPS OF GOOD PLAIN SOYA—THIS ADDS UMAMI
4 CUPS UNSALTED STOCK
1/2 CUP OF PEAS
1 CUP GOOD GRATED PARMESAN CHEESE—MORE FOR TOPPING
SHREDDED PROSCUITTO
SALT AND PEPPER TO TASTE

PROCESS

SAUTE AROMATICS
TOAST RICE
DEGLAZE WITH WHITE WINE
ADD STOCK
PRESSURE COOK FOR 5 MINUTES
DEPRESSURE
ADD CHEESE AND PEAS
GARNISH

SAUTE ONIONS IN BUTTER OR OIL FOR 2 MINUTES, ADD GARLIC—30 SECONDS
TOAST RICE UNTIL WELL COATED
DEGLAZE MIXTURE WITH 1/2 CUP OF WHITE WINE
ADD STOCK
PRESSURE COOK ON HIGH PRESSURE FOR 5 MINUTES
DEPRESSURE
ADD CHEECE AND PEAS AND MIX WELL
SALT AND PEPPER TO TASTE
SERVE WITH SHREDDED PROSCIUTTO AND MORE CHEESE ON TOP