



Makes 7 cups
Preparation Time: 15 minutes
Cook Time: 1 hours 15 minutes

INGREDIENTS:

2 cups chopped onions

1 cup dried white beans (any variety), rinsed and drained

4 cloves garlic, minced

1 cup ½-inch pieces carrots

1 cup ½-inch pieces celery

1 cup ½-inch pieces parsnips

1 cup ½-inch pieces turnip

1 cup ½-inch pieces rutabaga

1 teaspoon dried basil, crushed

½ teaspoon dried thyme, crushed

½ teaspoon dried rosemary, crushed

¼ teaspoon dried oregano, crushed

3 cups dried shell pasta

1 6-oz. can no-salt-added tomato paste

Sea salt and freshly ground black pepper, to taste

Harvest Vegetable Instant Pot Minestrone

This hearty minestrone soup is not only easy to make but also kid-friendly. Harness the power of your Instant Pot or other multicooker to cook dried beans without having to soak them overnight, and to infuse the broth with loads of flavor in a short period of time.

<https://www.youtube.com/watch?v=17T8ltUwTxM>

By Darshana Thacker Wendel

- 1 In a 6-qt. Instant Pot multicooker combine onions, beans, and garlic. Stir in 3 cups water.
- 2 Lock lid in place; set pressure valve to Sealing. Set cooker on Bean setting and cook 35 minutes. Let stand to release pressure naturally (about 20 minutes). Open lid carefully.
- 3 Stir in the next nine ingredients (through oregano). Set cooker on Sauté setting and Low temperature. Cook, uncovered, 10 minutes. Stir in pasta, tomato paste, and 3 cups hot water. Cook, uncovered, 10 minutes more or until pasta is tender but still firm (add 1 cup hot water if necessary). Season with salt and pepper.