



A Nutrition Resource

GARDEN VEGETABLE SOUP

Pressure Cooker Recipe

Yield: 9 Serving | **Serving Size:** 1 Cup

Cost/serving: \$0.75

Ingredients:

- 1 Tablespoon vegetable oil
- 2 carrots, peeled and chopped
- 1 small onion, chopped
- 2 cloves minced garlic
- 2 (14.5 oz each) cans low- sodium broth (vegetable or chicken)
- 1 medium potato, peeled and cut into 1 inch cubes
- 2 stalks celery, chopped
- 1 Cup chopped green cabbage
- 1 small zucchini chopped
- 1 (14.5 oz) can diced tomatoes (don't drain)
- 1 Teaspoon Italian seasoning
- 2 bay leaves
- Salt and pepper to taste

Directions:

- 1) Prepare all vegetables.
 - a) Peel and chop carrots
 - b) Chop onion
 - c) Mince garlic
 - d) Wash and cut potatoes into cubes
 - e) Wash and chop celery
- 2) Select saute function on pressure cooker and heat oil.
- 3) Add carrots, onion, and garlic and saute for a few minutes until onions and carrots are softening.
- 4) If needed, deglaze the pot with a bit of broth.

Nutrition Facts

9 servings per container

Serving size 1 Cup (181g)

Amount Per Serving

Calories 110

% Daily Value*

Total Fat 4g 5%

Saturated Fat 0.824g 4%

Trans Fat 0.008g

Cholesterol 10mg 3%

Sodium 160mg 7%

Total Carbohydrate 13g 5%

Dietary Fiber 2g 7%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 6g 12%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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- 5) Add the rest of the ingredients, except salt and pepper.
- 6) Set pressure cooker to high pressure cook for 3 minutes.
- 7) When finished, allow cooker to naturally depressurize for 5 minutes then quick release rest of pressure.
- 8) Transfer to individual bowls, removing bay leaves as needed and adding salt and pepper to taste.

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.

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