

Instant Pot Spinach Edamame Soup

Servings: 6-8

Prep Time: 10 minutes

Saute Time: 10 minutes

Pressure Build: Approx. 20 minutes

Cook Time: 25 minutes

Natural Release: 10 minutes +

Total Time: 75 minutes +

Ingredients:

- 2-3 tbsp Extra-Virgin Olive Oil
- 2-3 Garlic Cloves, sliced
- 1 Sweet Yellow Onion, sliced
- 12 oz Frozen Peas
- 16 oz Shelled Frozen Edamame Beans
- 1/2 cup Carrots, shredded or sliced
- 12 oz Tomato Sauce
- 12 oz Water
- 32 oz Low Sodium Vegetable Broth
- 1/2 cup White Rice
- 1/4 cup Pasta (Orzo or small shape)
- 1 Frozen Parmesan Rind
- 3-4 cups Fresh Spinach

Instructions:

1. Start by adding the olive oil to the Instant Pot liner.
2. Sauté the garlic cloves and sliced onion until they become fragrant.
3. Add the edamame, peas, and carrots to the pot and give them a good mix with the sautéed onion and garlic.

4. Pour in the tomato sauce, followed by the water and vegetable broth for a flavorful liquid base.
5. Gently stir in the white rice and pasta of your choice.
6. Now, add the fresh spinach on top, and mix it into the other veggies so it is kind of tucked into the mixture and not just sitting on the top.
7. Tuck in the frozen Parmesan rind among the ingredients for a savory touch.
8. Secure the lid of the Instant Pot, set the valve to 'sealing,' select the 'SOUP' setting, and let it cook for 25 minutes.
9. After the cooking is complete, allow the pressure to release naturally. If you need to release it more quickly, allow the pressure to naturally release for 10 minutes then release the rest quickly with caution.
10. Open the lid, remove the Parmesan rind, and stir the soup well.
11. Optionally, top each serving with grated Parmigiano Reggiano and serve the soup warm.

Chef's Note:

Adding the spinach before cooking infuses the soup with its flavor and ensures a tender texture throughout.