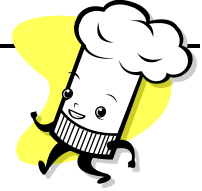


For the love of instant-pot



Roasted Red Pepper Soup

Servings: 6

Ingredients:

- 1 Medium onion, diced
- 2 Large carrots, cut into halves
- 5 red peppers (cut in half and seeds removed), after roasted should be about 1.5 cups peppers
- 1 Celery stalk diced
- 2 Cloves Garlic, minced
- 5 Cups Low sodium vegetable or chicken broth
- 28 oz Can diced tomatoes
- 2 Tsp Sugar
- 3 Tbsp Tomato paste
- ½ cup 1-2 % milk
- 3 Tbsp Parmesan cheese
- Salt and pepper to taste

Directions:

1. The peppers and carrots need to be roasted in the oven on 400°F for 45-60 min. They should be lightly basted with olive oil and turned half way through.
2. Select sauté function on display (med heat) and set timer for 5 min. When pot comes to temp add olive oil onions, garlic and celery and sauté until onions are soft and translucent. Press cancel.
3. Add roasted vegetables, broth, diced tomatoes, tomato paste and sugar to pot. Replace lid and ensure it's in a sealed position.
4. Select pressure cook (high) setting on display and set timer for 7 min.
5. Once timer is done you can press quick release (use wooden spoon to press button so you don't get burned when steam is released).
6. Once steam is completely released open lid and add milk and parmesan cheese. Stir. Using a hand blender puree the contents of the pot.

Suggestions:

This soup goes nicely with a grilled cheese sandwich or even a chicken wrap.

Sprinkle a little parmesan cheese on top if you wish.

If you don't have the time to roast the veggies use 12 oz jar of roasted red pepper (rinsed and drained), and sauté the carrots with the onions, garlic and celery.