



Instant Pot White Bean & Kale Soup with Bacon



Erica Gamboa

A hearty and delicious Instant Pot white bean soup, infused with a medley of fresh veggies, thick-cut bacon, and lots of fresh kale. Served with a generous sprinkle of your favorite grated cheese for that hearty and satisfying bite.

BY ERICA GAMBOA

Category: Soups & Stews

Servings: 8 | **Difficulty:** Easy

PREP TIME: 20 minutes + **COOK TIME:** 45 minutes = **TOTAL TIME:** 1 hour 5 minutes

Kitchen tools

8 qt. Instant Pot

Note

This recipe is measured to properly cook in an 8-qt. Instant Pot. However, if you are using a smaller pot, such as a 6 qt., make sure the liquid and contents do not exceed the max line level. Some adjustments may need to be made if you are using a smaller Instant Pot.

Ingredients

- 2 cups dry white beans, washed and drained
- 1 cup carrots, washed, peeled, and diced

- 1/2 cup celery, washed and diced
- 1 medium onion, peeled and diced
- 4 garlic cloves, three peeled and minced. Leave one peeled and whole.
- 1 large potato, peeled and diced
- 4 cups fresh kale, washed and stems removed
- 10 cups chicken broth
- 1 lb. raw bacon, thick cut or pork belly, diced
- 3 tsp of Better than Bouillon chicken base seasoning
- 1 1/2 tsp crushed red pepper flakes
- 1 1/2 tsp salt
- 1 1/2 tsp pepper
- 1 tsp dried oregano
- 1 tsp dried thyme
- 3 bay leaves)

Directions

- 1 Turn your Instant Pot on to the sauté setting; the pot will begin to warm at a temperature specifically designed for sautéing.
- 2 Once heated, add bacon and brown for a few minutes. ***Drain fat if necessary. Bacon varies and might not render too much fat to remove; this is optional.**
- 3 Add beans, chicken broth, bay leaves, one whole garlic clove, and all the seasonings to the pot and stir to combine.
- 4 Close and lock the lid and reset the Instant Pot to pressure cook setting on Hi and timer for 20 minutes and push start.
- 5 The Instant Pot will begin to build pressure, once it has reached the correct pressure, it will start to cook, and the timer will initiate the cooking time.
- 6 Once the timer has expired, quick release the pressure from the machine, being very mindful of the safety measures. **Please use your owners manual to properly learn how to do this under the Quick Release (QR) instructions.**
- 7 Once all the pressure has been released, you can confirm that by checking if the float valve (silver pressure button) on the lid has lowered back into the lid. This is the indicator that all the pressure has been properly removed from the pot; now you can safely open the lid.
- 8 Add all of the veggies and kale, stir to combine well, and taste for seasoning and adjust if necessary.

- 9 Place the lid back on, lock, and reset the pot to pressure cook one more time on Hi for 25 minutes.
- 10 Once the timer expires, carefully quick release the pressure from the pot, and the soup is ready to serve.
- 11 Serve with a generous sprinkle of your favorite grated cheese and a side of toast, a grilled cheese sandwich, or quesadillas like we do here at home, and enjoy!

Tips & Substitutions:

It is important to par-cook the beans only for the first 20 minutes to give the beans a head start to soften. If you are making beans only, then you would just let the pot run for a full 30 to 40 minutes; usually 2 cups of dry beans take about 35 to 40 minutes to cook. However, if you are making soup and adding other ingredients like veggies, it is important to cook the soup in two parts, first the beans for half of the cooking time, then add the veggies for the second half so that the veggies keep their texture and bite and don't overcook. This pot comes with great resources and reading material that will give you a cooking timetable for everything you can cook in it.

Get to know your Instant Pot and all that it can do for you. It's a smart investment, not only in time and money, but it can make cooking enjoyable and practical.

Nutrition

Nutrition Facts	
Servings: 8	
Amount per serving	
Calories	473
	% Daily Value*
Total Fat 19.3g	25%
Saturated Fat 6.3g	31%
Cholesterol 29mg	10%
Sodium 1904mg	83%
Total Carbohydrate 49.4g	18%
Dietary Fiber 10.3g	37%
Total Sugars 4.2g	
Protein 26.2g	
Vitamin D 0mcg	0%
Calcium 212mg	16%
Iron 7mg	41%
Potassium 1722mg	37%
*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. <u>2,000 calorie a</u>	