

Healthy & Hearty
**SOUP
RECIPES**



MIRA DESSY, NE
THE INGREDIENT GURU

Healthy & Hearty Soup Recipes

Mira Dessy

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Content

| | |
|---|----|
| The Health Benefits of Soup | 1 |
| Chicken Bone Broth | 3 |
| Mockstroni | 6 |
| Winter Soup | 7 |
| Meatball Soup | 9 |
| Instant Pot Split Pea Soup | 11 |
| Roasted Vegetable Soup with Tomato and Fennel | 13 |
| Potato Bacon Soup | 15 |
| Instant Pot Chicken & Wild Rice Soup | 17 |
| Chorizo & Red Lentil Soup | 19 |
| 15 Bean Soup | 21 |
| Daikon Ramen Bowl | 23 |
| Instant Pot Asparagus Soup | 25 |
| Cream Of Whatever Soup | 27 |
| Instant Pot Summer Vegetable Soup | 29 |
| About the Author | 31 |



The Health Benefits of Soup

Soup is a wonderful comfort food. There is just something special about a nice warm bowl of soup that can make us feel better. Plus it turns out that soup is a great health food and has been nourishing the people of the world for literally thousands of years.

Soups have been around as long as man had the ability to cook in a pot - about 16,000 years. Combining various ingredients into a large pot to create nutritious, filling, easy to digest, and simple to serve meals has worked well for many different cultures and continues to do so.

There are a number of health benefits when it comes to eating soup. Breaking them down by category we discover the following:

Quality of Diet

One study showed that those that eating more soup had an improved overall diet quality. Depending on the ingredients, soup can be a way to increase your intake of vitamins, minerals, and fiber intake – all of which are great for your health. This is also correlated to the potential for better weight management.

Hydration

Soup offers additional hydration due to the water, stock, or broth that is its base. For some people soup may be another option for improving your hydration.

Veggies

Eating the daily recommended amount of vegetables can sometimes be a challenge. Soup can be a good way to help support this need as it often contains veggies. It's a great place to use those vegetables that might not be crisp enough to be eaten raw but will work great in a soup. Adding slightly past prime but still edible veggies to your soup is also a way to avoid food waste.

Satiety

Keeping your body satisfied with a “full” feeling can go a long way toward reducing mindless, bored snacking. You can improve that feeling of fullness, called satiety, when you add soup to your menu. Studies have that consuming soups can lead to a reduction of hunger pangs and an increase of a feeling of fullness.

Soups were found to be helpful because for many soups the ingredients in them often require chewing which helps with satiety. This may account for lower body weight among people who consume soup. It is often served early in a meal because it can stimulate your gastrointestinal response – it gets your system ready to digest your food.

Nourishing Bump

Soup is wonderful in an of itself, however it also presents an opportunity to get more nutritional density in your diet. By using bone broth instead of water you add even more nutrients to the soup. This is because bone broth can add additional amino acids which are used to make proteins. The amino acids have a wide range of benefits, they can:

- help break down your food
- grow and repair tissue
- make hormones
- support brain chemicals
- build muscle
- boost your immune system
- and maintain healthy skin, hair, and nails.

When using bone broth instead of water it provides collagen, the primary substance which makes up connective tissue in your body. Collagen provides structure, strength, and support, and also used to repair tissues such as bone, tendons, ligaments, and skin.

What about chicken soup?

Chicken soup is what you typically think about when you're feeling under the weather. Some people even refer to chicken soup as Nana's Penicillin. As it turns out there's a good reason for that.

Studies have shown that chicken soup may help clear nasal congestion and alleviate other cold symptoms. Plus it's mostly liquid so it's helping with hydration which is important when you're under the weather.

Chicken soup is also high in tryptophan may help support that feeling of "comfort". The veggies can add vitamins along with other antioxidants and minerals all of which help to build your immune system and reduce inflammation.

Now you can see why many cultures have used soups to nourish themselves and their families for so long. There are soups for every season served hot, cold, thick or thin – the possibilities are endless. Soup recipes are also extremely flexible allowing for a tremendous amount of creativity. Enjoy a wonderful bowl of soup knowing you are investing in your health.



Broth is delicious, nutritious and so easy to make. Adding collagen, glutamine, and a host of nutrients it's easy to incorporate into your diet either drinking it plain or using it as the base for risottos, sauces, soups, and more.

Chicken Bone Broth Recipe

YIELD: 6 BOWLS

PREP TIME: 15 MIN

COOKTIME: 30 MIN FOR INSTANT POT

INGREDIENTS

- 1 whole organic chicken
- or 2 to 3 pounds of bony chicken parts, such as carcass, necks, and wings plus gizzards
- 2-4 chicken feet
- 4 quarts cold filtered water
- 2 T raw apple cider vinegar
- 1 large onion, coarsely chopped
- 2 carrots, coarsely chopped
- 3 celery stalks, coarsely chopped
- 2 cloves garlic
- 2 shitake mushrooms
- 1-2 pieces kombu seaweed
- 1" piece of turmeric root, sliced (or 1/2 tsp turmeric powder)
- 2 bay leaves
- 12 peppercorns
- 1 bunch parsley

INSTRUCTIONS

1. If using a whole chicken, cut off the wings and remove the neck, fat glands and the gizzards from the cavity. Cut chicken parts into several pieces.
2. Place other ingredients into a cheesecloth or jelly bag for easy removal later. Otherwise place carcass and parts in a large stainless steel pot with water, vinegar and all ingredients except parsley.
3. Let stand 30 minutes to 1 hour. Bring to a boil, and remove scum that rises to the top. Reduce heat, cover and simmer for 12-18 hours. The longer the stock cooks the richer and more flavorful it will be. About 10 minutes before finishing the stock, add parsley. This will impart additional mineral ions to the broth.
4. If using a whole chicken, let cool and remove chicken meat from the carcass. Reserve for other uses, such as chicken salads, enchiladas, sandwiches or curries. Strain the stock into a large bowl and reserve in the refrigerator until the fat rises to the top and congeals. Skim off this fat and reserve the stock in covered containers in the refrigerator or freezer.



This hearty soup features that classic minestrone combination of herbs, beans, and vegetables. Because it's not your classical minestrone, I decided to change the name and call it "mockstroni."

Mockstroni Soup

YIELD: 6 BOWLS PREP TIME: 15 MIN COOKTIME: 30 MIN FOR INSTANT POT

INGREDIENTS

- 3 ribs celery, diced
- 1 white onion, minced
- 2 lbs boneless skinless chicken breasts, cut into bite-sized pieces
- 1- 15 oz can diced tomatoes, with juice
- 1 large sweet potato, peeled and diced
- 1/2 cup spinach
- 1 large zucchini, diced
- 3 cloves garlic, minced
- 4 cups bone broth
- 1 tbsp dried basil
- 2 tsp dried oregano
- 1 tbsp dried parsley

Optional: Add 1 small hot pepper for a bit of a warming kick. If this is too spicy, the pepper can be cooked separately and added to the bowl before serving.

INSTRUCTIONS

To make in the Instant Pot

1. Add all ingredients into the pot and stir to combine
2. Seal and cook on manual high for 20 minutes
3. Natural release 10 minutes then quick release

To make in a slow cooker

1. Add all ingredients and stir to combine
2. Cover and cook high 3-4 hours/low 6-7 hours
3. Add salt and pepper to taste
5. Garnish with fresh parsley

Feel free to experiment with whatever vegetables you happen to have on hand. Fresh herbs are always best, but in the wintertime (my favorite time to make this comforting soup) dry herbs are fine.



There's nothing like a nourishing, warming soup during cold winter months. Combined with a simple salad and a delicious cheesy biscuit, it makes a perfect holiday soup!

Winter Soup

YIELD: 10-12 PREP TIME: 15 MIN

INGREDIENTS

- 3 ribs celery, diced
- 1 white onion, minced
- 2 lbs boneless skinless chicken breasts, cut into bite-sized pieces
- 1- 15 oz can diced tomatoes, with juice
- 1 large sweet potato, peeled and diced
- 1/2 cup spinach
- 1 large zucchini, diced
- 3 cloves garlic, minced
- 4 cups bone broth
- 1 tbsp dried basil
- 2 tsp dried oregano
- 1 tbsp dried parsley
- Optional: add 1 small hot pepper for a bit of a warming kick - if this is too spicy, the pepper can be cooked separately and added to the bowl before serving

INSTRUCTIONS

To make in the Instant Pot

1. Add all ingredients into the pot and stir to combine
2. Seal and cook on manual high for 20 minutes
3. Natural release 10 minutes then quick release

To make in a slow cooker

1. Add all ingredients and stir to combine
2. Cover and cook high 3-4 hours/low 6-7 hours
3. Add salt and pepper to taste
4. Garnish with fresh parsley. Enjoy!

For a delicate yet filling warm bowl of comfort, try this main-dish soup! Meatballs and rice make this substantial enough to serve on its own.



Meatball Soup

SERVES: 12-16

PREP TIME: 30 MIN

COOKTIME: 20-25 MIN

INGREDIENTS

Meatball soup

- 1 medium onion, diced
- 1 clove garlic, minced
- 2 tablespoons olive oil
- 1 cup of celery (mostly greens), diced
- 8 large cabbage leaves, shredded
- 1/2 sweet bell pepper, diced
- 4 cups chicken broth
- 2 cups water meatballs (see recipe below)

- 1 cup cooked rice
- Sea salt and fresh ground pepper to taste

Meatballs

- 1 pound organic ground meat
- 1 egg
- 1 tablespoon dried onion
- 1 tablespoon dried parsley
- 1/2 teaspoon dried oregano
- 1/2 teaspoon salt

INSTRUCTIONS

Meatball soup

1. Heat olive oil in a large stock pot
2. Saute onion until just starting to wilt
3. Add garlic and saute one more minute
4. Add celery and cabbage greens and saute two minutes
5. Add bell pepper and saute one minute
6. Add broth and water
7. Bring to just under boiling then reduce to a simmer
8. Gently spoon meatballs into soup
9. Cook 20 minutes or until meatballs are done
10. Add rice, salt and pepper and serve

For meatballs

1. Mix ingredients together and form into meatballs
2. Bake in 350F oven for 20 minutes or until cooked through

This is my favorite meatball recipe, it can also be used to cook in tomato sauce for a spaghetti squash and sauce meal



The addition of the dulse, an edible seaweed found in the North Atlantic, to this recipe adds a wonderful flavor plus a big boost of iodine and other trace elements our bodies need.



Instant Pot Split Pea Soup

SERVES: 6 PREP TIME: 10 MIN

INGREDIENTS

- 2 carrots, diced (1 cup dehydrated carrot slices)
- 2 ribs celery, diced (1/3 cup dehydrated celery)
- 1 onion, diced (1/3 cup dried onion)
- 1 pound dried split peas, picked over and washed
- 2 tablespoons olive oil
- 2 bay leaves
- 1 tablespoon fresh thyme
- 6 cups bone broth
- 1 teaspoon sea salt
- ¼ teaspoon fresh ground pepper
- 2 tablespoons dulse (a type of seaweed), crumbled

INSTRUCTIONS

1. Place all ingredients except salt, pepper, and dulse in an Instant Pot. Stir well to combine.

Instant Pot Cook Time :15 minutes

Natural Release approximately 15 minutes

Slow Cooker Time: 8 hours on low

2. Remove bay leaf
3. Add salt and pepper
4. Blend together with an immersion blender
5. Ladle into bowls to serve and top with 1 teaspoon crumbled dulse

If you want to make this as a vegetarian dish simply substitute vegetable broth or water for the bone broth.



This particular roasted vegetable soup is a favorite. After all, who doesn't love tomato soup? But part of what makes this so wonderful is the fennel which gives it a delicious flavor boost.

Roasted Vegetable Soup With Tomato And Fennel

SERVES: 3-4

PREP TIME: 20 MIN

COOKTIME: 40 MIN

INGREDIENTS

- 1½ lbs. Roma tomatoes, halved
- 2 medium red bell peppers, deseeded and quartered
- 1 large fennel bulb, thinly sliced
- 2 large carrots, cut in half lengthwise
- 2 medium shallots, outer skin removed and halved
- 4 cloves garlic, smashed and peeled
- 2 T. extra virgin olive oil
- Sea salt and black pepper, to taste
- 2 T. fresh thyme leaves
- 4 c. organic chicken bone broth
- ½ c. full-fat coconut milk
- ½ c. fresh basil leaves, thinly sliced

INSTRUCTIONS

1. Preheat oven to 400°F
2. Line a large, rimmed baking sheet with parchment paper or a baking mat and set aside
3. Arrange the tomatoes, red peppers, fennel, carrots, shallots, and garlic in a single layer on the prepared baking sheet
4. Drizzle with olive oil and season with salt and black pepper, to taste
5. Toss to combine and sprinkle veggies with fresh thyme leaves
6. Place baking sheet in preheated oven and roast until vegetables are tender and lightly charred, approximately 20-25 minutes
7. Transfer the roasted veggies and any juices from the baking sheet to a large soup pot and add the bone broth
8. Cook over medium heat, stirring occasionally, until hot and bubbly
9. Remove from heat; using an immersion blender, blend contents of the soup pot until completely smooth
10. Stir in the coconut milk and fresh basil, and serve



Reminiscent of potato skins, it's comfort food in a bowl. Served with a hearty winter salad this makes a filling and delicious meal.

Potato Bacon Soup

PREP TIME: 15 MIN

INGREDIENTS

- 8 ounces uncured bacon, diced
- ½ small red onion, diced
- 2 large celery stalks, diced
- 2 large carrots, diced
- 4 cups bone broth
- 1½ pounds organic boneless, skinless chicken thighs, trim and dice large
- 1 tablespoon fresh rosemary, minced
- 2 tablespoons fresh thyme
- 2 bay leaves
- 1 pound red potatoes, diced large
- Sea salt and black pepper, to taste
- 2 cups kale, de-stemmed and cut into ribbons
- 8 ounces organic cream cheese, cut into pieces (this helps it melt faster) (optional)

INSTRUCTIONS

1. Add bacon to a large stock pot at medium-high heat
2. Cook, stirring frequently, until bacon is crisp, 3-4 minutes
3. Transfer bacon to paper towel lined plate and blot to remove excess grease
4. Drain all but 1 tablespoon of remaining grease from the pot
5. Add onion, celery, and carrots, and sauté until slightly wilted and onion is golden, 3-4 minutes
6. Add ½ cup of bone broth to the pan, scrape pot to loosen any brown bits from the bottom
7. Add remaining broth, chicken, seasonings, and red potatoes
8. Add salt and pepper to taste and stir to mix well
9. Turn heat to high, bringing pot to a gentle boil, then reduce heat to medium-low
10. Cover and simmer for 15-20 minutes or until chicken is fully cooked and potatoes are tender
11. Remove from heat and discard bay leaves
12. Add kale and cream cheese (if using -- it makes this creamy)
13. Stir until kale is wilted and cheese is melted,, 2-3 minutes. Enjoy!



Using wild rice, instead of white, elevates this wonderful chicken soup. The addition of portobello mushrooms gives it that umami flavor. This is sure to be a new family favorite.

Instant Pot Chicken & Wild Rice Soup

COOKTIME: 30 MIN

INGREDIENTS

- 1 tablespoon organic extra virgin olive oil
- 2 large stalks celery, diced small
- 1 large carrot, diced small
- 1 small yellow onion, diced small
- Sea salt and black pepper, to taste
- 4 ounces baby Portobello mushrooms, cleaned and sliced
- 1 teaspoon dried thyme
- 1 cup wild rice, rinsed
- 1 pounds organic boneless, skinless chicken breasts
- 2 whole bay leaves
- 6 cups bone broth
- ¼ cup fresh parsley, chopped

INSTRUCTIONS

1. Add olive oil to Instant Pot and select Sauté function
2. Set to medium, once it is hot, add the celery, carrots, and onion
3. Season with salt and black pepper, to taste, and cook, stirring continually, until the veggies start to soften, about 3 minutes.
4. Add mushrooms and dried thyme, stir to combine
5. Continue cooking, stirring occasionally another 3-4 minutes
6. Turn off pot
7. Add wild rice, chicken breast, bay leaves, and broth to Instant Pot
8. Place the lid and set the pressure valve to “sealing”
9. Select the “Manual” cooking option on the high setting and set cook time to 30 minutes - for slightly firmer rice choose 28 minutes
10. When cooking time is finished, do a natural release for 10 minutes followed by a quick release for the remaining pressure
11. Turn the unit off, remove the lid carefully
12. Transfer chicken breast to a plate, shred using two forks
13. Return shredded chicken to the Instant Pot and add the fresh parsley, stir to combine before serving. Enjoy!

The red lentils are a great base for the richness of the chorizo sausage. Topping this with fresh basil gives the whole dish a flavor profile that will make your taste buds sing.



Chorizo & Red Lentil Soup

PREP TIME: 15 MIN

COOK TIME: 45 MIN

INGREDIENTS

- 1 pound organic chorizo sausage, diced
- 1 tablespoon organic extra virgin olive oil.
- 1 large carrot, chopped small
- 1 large stalk celery, chopped small
- 1 medium yellow onion, chopped small
- Sea salt and black pepper, to taste
- 6 cups bone broth
- 2 cups red lentils, picked over and rinsed
- 1 15-ounce can diced tomatoes, keep liquid
- 1 teaspoon dried oregano
- 1 teaspoon garlic powder
- 1 teaspoon dried thyme
- 2 whole bay leaves
- ¼ cup fresh basil, chopped

INSTRUCTIONS

1. In a large skillet over medium-high heat, brown chorizo approximately 4-5 minutes. Remove from heat and set aside
2. Add olive oil to the skillet, once warm add the carrot, celery, onion and season with salt and black pepper, to taste
3. Cook, stirring occasionally, until vegetables soften and onion is slightly golden, 4-5 minutes
4. Add sausage back to the skillet as well as bone broth, lentils, tomatoes and their liquid, plus the seasonings, stir to mix well
5. Increase heat to medium-high, bring to a boil, then reduce heat to medium-low
6. Cover with lid tilted to allow some steam to release and simmer for 20-25 minutes, until the lentils are tender
7. Remove from heat, discard the bay leaves, stir in fresh basil and serve immediately. Enjoy!



A New England favorite, this soup reminds me of home and of my childhood-- warm, filling, and so flavorful. It's even better the second day after the flavors have had time to come together.



15 Bean Soup

PREP TIME: 20 MIN

COOK TIME: 1 HR 30 MIN

INGREDIENTS

- 2 tablespoons organic extra virgin olive oil
- 2 pounds uncured bacon, diced
- 2 large stalks celery, chopped
- 1 large carrot, chopped
- 1 medium yellow onion, chopped
- 3-4 cloves garlic, minced
- Sea salt and black pepper, to taste
- 2 whole bay leaves
- 1 14-ounce bag (dried) multi-bean blend, picked over and rinsed
- 6 cups bone broth
- <https://theingredientguru.com/healing-powers-bone-broth/>
- 1½ teaspoons dried thyme
- 1½ teaspoons dried parsley
- 1½ teaspoons dried oregano

INSTRUCTIONS

1. Soak beans overnight (or use the quick soak method)
2. Add bacon to a 6 quart dutch oven at medium-high heat.
3. Cook, stirring frequently, until bacon is crisp, 3-4 minutes
4. Transfer bacon to paper towel lined plate and blot to remove excess grease.
5. Drain bacon grease from the dutch oven
6. Add olive oil, celery, carrot, onion, and garlic to the Dutch oven, seasoning with salt and black pepper, to taste.
7. Cook, stirring occasionally, until the vegetables soften and onions begin to turn golden, 4-5 minutes
8. Add soaked, drained beans, bacon, bone broth, bay leaves, and dried herbs to the pot.
9. Increase heat to medium-high, bring to a boil, then reduce heat to just below medium for one hour or until beans are tender, but not overcooked
10. Serve immediately. Enjoy!



Substituting daikon root for ramen in this recipe is a great way to add another vegetable to your daily diet. Using a spiralizer you can cut it into a noodle-shape that mimics ramen.

Daikon Ramen Bowl

PREP TIME: 20 MIN

COOK TIME: 1 HR 20 MIN

INGREDIENTS

- 4" Daikon radish root
- 2 medium white onions, sliced lengthwise into strips
- 3 tablespoons organic extra virgin olive oil
- 3 tablespoons dry white wine
- Sea salt and pepper, to taste
- 8 ounces baby Portobello mushrooms, cleaned and cut into thin slices
- 1 quart vegetable stock
- ¼ cup pesto
- Garnish:
 - 3 green onions, green parts only, finely sliced
 - ½ cup carrot, peeled and shredded
 - 1 cup bok choy, sliced into ribbons
 - 1 cup bean sprouts
 - Sesame seeds

INSTRUCTIONS

1. Peel Daikon root and using the smallest blade, spiralize into long, thin, ramen-like strands
2. Trim strands to be 10-12 inches long, placing on a clean kitchen towel to absorb excess moisture
3. In a pan set to medium heat add olive oil and onions, cooking until the onions soften and start to turn golden
4. Add wine, and deglaze to get all the brown bits off the bottom of the pan
5. Add mushrooms to the pan, with extra olive oil if needed, and sauté until tender, 5 minutes
6. Add vegetable stock and pesto, simmer until heated through, 10 minutes
7. Add the Daikon "ramen noodles" and season with salt and black pepper, to taste
8. Cook another 4-5 minutes, or until Daikon are crisp tender -- do not overcook
9. Remove from heat and serve in a bowl
10. Allow each person to top with their preferred garnish serve immediately. Enjoy!



One of the best things about this soup is that it's actually a pretty flexible recipe. Don't have green beans? Use lima beans or asparagus. Don't have zucchini? Add mushrooms. You really can add a wide variety of vegetables to this!

Instant Pot Asparagus Soup

INGREDIENTS

- Reserve a few asparagus tips for garnish prior to cooking
- 2 Tablespoons unsalted organic butter, preferably from grass-fed cows
- 1 small yellow onion, chopped
- 3-4 cloves garlic, minced fine
- 3 cups chicken or vegetable broth, preferably organic
- 2 pounds asparagus, tough ends removed and cut into chunks, reserve a few tips to use for garnish
- 1 whole bay leaf
- Sea salt and fresh ground black pepper, to taste
- 1 cup heavy cream, organic

INSTRUCTIONS

1. Set Instant Pot® (IP) to the “Sauté” function and once it's hot add the butter (or olive oil)
2. Add the onion, stirring occasionally, until they turn golden and begin to soften about 4-5 minutes
3. Add the garlic and sauté one more minute
4. Add broth, gently scraping the bottom of the IP with a wooden spoon to deglaze
5. Stop the IP Saute function and add the asparagus, bay leaf, salt, and pepper to taste
6. Place IP lid, lock into place, position the vent to “Sealing” and set to “Manual” for 5 minutes
7. After cooking time is complete do a natural pressure release for 10 minutes and finish with a quick release
8. Remove the lid and take out the bay leaf
9. Remove 1/4 cup of hot broth and slowly add heavy cream (or coconut milk), this will help prevent curdling, before slowly adding back to the pot
10. Using a stick blender combine all ingredients together until smooth
11. Serve immediately garnished with a few asparagus tips or chill for at least 2 hours before garnishing and serving. Enjoy!

Note: This recipe can be made dairy-free by substituting olive oil in place of butter and full-fat coconut milk instead of heavy cream



Instead of reaching for the can, consider making your own cream of whatever soup mix. Because it's a powder it is shelf stable for quite some time and you can make enough to always have on hand for your favorite recipes.

Cream Of Whatever Soup

INGREDIENTS

- 2 cups powdered organic milk
- 3/4 cup organic cornstarch
- 1/4 cup organic bouillon powder or organic bone broth powder
- 2 tbsp dried onion flakes
- 1 tsp dried basil
- 1 tsp dried thyme
- 1/2 tsp ground black pepper

INSTRUCTIONS

1. To use simply mix 1/3 cup of dry mix with 1 1/4 cups of cold water in a saucepan
2. Cook and stir until thickened
3. If desired add 1/2 cup of additional items such as diced mushrooms
4. Can also add directly to a casserole calling for cream of soup

Note: Store in an airtight glass jar; keeps well for 3-4 months



Just because it's summertime doesn't mean that we should not eat soup. And while there are lots of delicious cold summer soups, even hot soups can be a wonderful summertime dish because they take advantage of the season and what's fresh.

Instant Pot Summer Vegetable Soup

INGREDIENTS

- 1 tablespoon extra virgin olive oil
- 3 cloves garlic, minced
- 4 large stalks celery, chopped
- 4 large carrots, sliced
- 1 medium red onion, chopped
- 1 cup green beans, cut into pieces
- 1 cup zucchini or summer squash, diced
- 8 cups bone broth
- 1 pound red potatoes, quartered
- 1 teaspoon fresh rosemary, minced
- 1/2 teaspoon fresh thyme, minced
- 1 teaspoon fresh parsley, minced
- 1 pint cherry tomatoes, chopped
- 2 cups fresh baby greens such as kale, spinach or arugula
- Sea salt and fresh ground black pepper to taste
- 2 tablespoons fresh lemon juice
- Parmesan cheese, freshly shaved or grated

INSTRUCTIONS

1. Add olive oil to liner pot and set function to Sauté
2. Add garlic, celery, carrots, and onion,
3. Sauté until onion is wilting and golden in color, approximately 4-5 minutes
4. Add green beans, zucchini, potatoes, tomatoes, herbs, salt and pepper
5. Add bone broth and stir to combine
6. Put on lid and lock into place, setting the vent to “Sealing”
7. Set pot to “Manual” for 3 minutes
8. When cooking time is finished, allow pressure to release naturally for 10 minutes, then manually release any remaining pressure
9. Remove lid and add baby greens and lemon juice, stirring to combine well
10. Serve immediately topped with freshly shaved or grated Parmesan cheese. Enjoy!

About the Author



Mira Dessy is The Ingredient Guru. A holistic nutrition professional, author, and a popular public speaker, she knows that it's not just what you eat, but what's in what you eat. Dessy is a Board Certified Holistic Health Practitioner whose mission is to educate and empower consumers.

She is a member of the National Association of Nutrition Professionals, the Society for Nutrition Education and Behavior, and the American Association of Drugless Practitioners. She is the Chief Health Officer of 3rd Rock Essentials, is on the Board of Directors for the American Holistic Health Association, is a member of the Professional Advisory Board for the Turner Syndrome Society of the United States, and is a founding member of the Holistic Business and Wellness Alliance.

She can be found online at www.theingredientguru.com

More books by this author:

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