

Favorite Instant Pot Soup Recipes

Mexican Bean Beef Soup

Serves 6 | Prep. time 5–8 minutes | Cooking time 15 minutes
Nutrition per serving: calories 574, fat 11.2g, total carbs 49.2g,
protein 54.3g, sodium 274mg

Ingredients

- 1 (15.5-ounce) can red beans, rinsed and drained
- 2 (1.5-ounce) packets taco seasoning
- 2 pounds ground beef
- 8 cups beef stock
- 1 (15.5-ounce) can pinto beans, rinsed and drained
- 2 cups tomatoes, chopped
- 2 cups corn kernels
- 1 (15.5-ounce) can black beans, rinsed and drained
- Ground black pepper and salt to taste

Directions

1. Place your Instant Pot on a dry surface and open the lid.
2. Press SAUTÉ; add the oil and heat it.
3. Add the ground beef and cook for 2–3 minutes on each side to brown evenly.
4. Add the remaining ingredients; stir to combine using a wooden spatula.
5. Close the lid and make sure it is sealed properly.
6. Press BEAN/CHILI; set timer to 15 minutes.
7. The Instant Pot will start building pressure; allow the mixture to cook for the set time.
8. After the timer reaches zero, wait for the float valve to drop. It will take 8–10 minutes.
9. Open the lid and transfer the food to a large container or bowl.
10. Divide among serving plates/bowls; serve warm.

Beef Barley Mushroom Soup

Serves 6 | Prep. time 5–8 minutes | Cooking time 90 minutes
Nutrition per serving: calories 503, fat 19.7g, total carbs 34.6g,
protein 44g, sodium 813mg

Ingredients

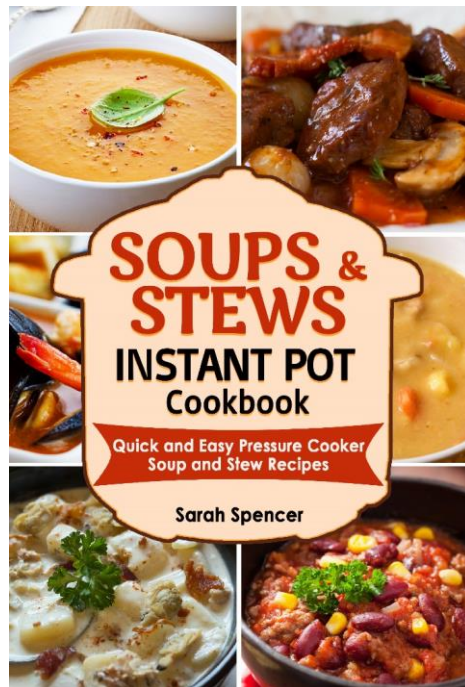
1 cup onion, chopped
1 cup carrots, chopped
4 stalks celery, chopped
2 tablespoons oil
10 baby bella mushrooms, sliced
6 cloves garlic, minced
2 bay leaves
½ teaspoon dried thyme
1½ quarts low sodium beef broth
1 cup water
1 large potato, chopped
⅔ cup pearl barley, rinsed
1½ pounds beef stew meat
Ground black pepper and salt to taste

Directions

1. Place your Instant Pot on a dry surface and open the lid.
2. Press SAUTÉ; add the oil and heat it.
3. Add the beef and cook on each side to brown evenly.
4. Season to taste and set aside the cooked beef.
5. Add the mushrooms; cook while stirring for 2 minutes. Set aside.
6. Add the carrot, onion and celery; cook while stirring for 4–5 minutes.
7. Add the garlic and cook for 1 minute.
8. Mix in the mushrooms, thyme, bay leaves, water, broth and beef; stir to combine using a wooden spatula.
9. Close the lid and make sure it is sealed properly.
10. Press MANUAL; set timer to 16 minutes.
11. The Instant Pot will start building pressure; allow the mixture to cook for the set time.
12. After the timer reaches zero, wait for the float valve to drop. It will take 8–10 minutes.
13. Open the lid and mix in the potatoes and barley.
14. Press SLOW COOK; set pressure to HIGH and timer to 1 hour.

15. The Instant Pot will start building pressure; allow the mixture to cook for the set time.
16. After the timer reaches zero, turn venting knob from sealing to venting position. Wait until float valve drops (1–2 minutes).
17. Open the lid; transfer the food to a large container or bowl.
18. Season to taste. Divide among serving plates/bowls; serve warm.

This recipe is from Sarah Spencer's cookbook: [*Soups and Stews Instant Pot Cookbook – Quick and Easy Pressure Cooker Soups and Stew Recipes*](#)



Cream of Asparagus Soup

Serves 4 | Prep. time 5–8 minutes | Cooking time 22 minutes
Nutrition per serving: calories 92, fat 7.6g, total carbs 18.3g,
protein 6.4g, sodium 237mg

Ingredients

1 yellow onion, peeled and chopped
1½ quarts vegetable stock (divided)
2 pounds trimmed green asparagus, cut into medium pieces
3 tablespoons butter
¼ teaspoon lemon juice
½ cup crème fraîche
Ground white pepper and salt, to taste

Directions

1. Place your Instant Pot on a dry surface and open the lid.
2. Press SAUTÉ; add the butter and melt it.
3. Add the asparagus, black pepper and salt and cook while stirring for 4–5 minutes until softened.
4. Add 1¼ quarts of the stock; stir to combine using a wooden spatula.
5. Close the lid and make sure it is sealed properly.
6. Press SOUP/BROTH; set timer to 15 minutes.
7. The Instant Pot will start building pressure; allow the mixture to cook for the set time.
8. After the timer reaches zero, turn venting knob from sealing to venting position. Wait until float valve drops (1–2 minutes).
9. Open the lid and transfer the mixture to a blender or food processor.
10. Blend to make a smooth mix; return to the cooking pot.
11. Add the crème fraîche, the rest of the stock, and the salt, pepper and lemon juice.
12. Press SAUTÉ; simmer the mixture to boil.
13. Divide among serving plates/bowls.
14. Serve warm.

Note: If you like vegetable cream soup and are not too fond of asparagus, you can replace them with your favorite or even a combination
Also, if you are not able to find crème fraîche at your grocery store, you can substitute it with heavy cream.

This recipe is from Sarah Spencer's cookbook: [*Soups and Stews Instant Pot Cookbook – Quick and Easy Pressure Cooker Soups and Stew Recipes*](#)

Panera's Copycat Broccoli Cheddar Soup

No need to spend money at your nearest Panera, this copycat alternative will make both your tummy and wallet happy.

Serves: 8 – Preparation Time: 15 minutes – Cooking Time: 50 minutes

Nutritional facts per serving: Calories 304, Total Fat 23 g, Carbs 11 g, Protein 14 g, Sodium 624 mg

Ingredients

1 tablespoon butter
½ onion, diced
¼ cup melted butter
¼ cup flour
2 cups milk
2 cups chicken stock
1½ cup broccoli florets, diced
1 cup carrots, cut into thin strips
1 stalk celery, sliced
2½ cups Cheddar cheese, grated
Salt and pepper, to taste

Preparation

1. Melt 1 tablespoon of butter in a skillet and cook onion over medium heat for 5 minutes or until caramelized. Set aside.
2. In a saucepan, mix melted butter and flour, then cook on medium-low heat. Add 1 or 2 tablespoons milk to the flour to prevent from burning. Cook for at least 3 minutes or until smooth.
3. While stirring, gently pour the rest of the milk in with the flour. Mix in chicken stock. Simmer for 20 minutes or until thick and well blended. Toss in broccoli, carrots, cooked onion, and celery. Cook for an additional 20 minutes or until vegetables turn soft.
4. Mix in cheese and stir until the cheese is completely melted. Season with salt and pepper, to taste.
5. Transfer into individual bowls. Serve.

This recipe is from Lina Chang's cookbook [*Copycat Recipes Making Restaurants' Most Popular Recipes at Home*](#)

COPYCAT RECIPES

Making Restaurants'
Most Popular Recipes at Home



LINA CHANG