

Instant Pot® Stuffed Poblano Pepper Soup

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An Instant Pot is a trademarked type of pressure cooker, very clever, very good. But if you already have a pressure cooker use you can use that.

Prep time: 15 minutes

Active cook time: 25-30 minutes (+ time to reach pressure + 10 minutes natural release)

Serves: 4-6

Ingredients:

1 T. extra virgin olive oil

$\frac{1}{2}$ medium red onion, diced

2 large Poblano peppers, seeded and diced

2 t. garlic powder, minced

1 T. Italian seasoning

Sea salt and black pepper, to taste

2 lbs. lean minced (ground) beef

$3\frac{1}{2}$ c. beef or chicken broth, preferably organic

1 28-oz. can crushed tomatoes, with liquid

1 c. long-grain brown rice, uncooked

3 T. fresh parsley, chopped

Directions:

1. Add olive oil to Instant Pot® and select the Sauté function. Set to high and once the display reads “hot,” add red onion, Poblano peppers, garlic powder, and Italian seasoning. Season with salt and black pepper, to taste, and cook, stirring continually, until the onions and pepper soften and develop a bit of colour, approximately 4-5 minutes.

2. Transfer veggie mixture to a medium bowl. Add minced beef and brown for 3-4 minutes, or until no longer pink inside,

stirring occasionally. Turn the unit off and carefully drain any excess fat from the container.

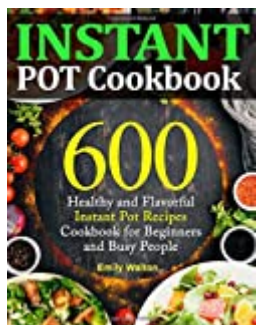
3. Pour sautéed veggies on top of the browned beef. Add broth, crushed tomatoes, and brown rice. Stir to combine and season with salt and black pepper, as desired.

4. Add the lid and set the pressure valve to “sealing.” Select the “Manual” cooking option on the high setting and set cook time to 20 minutes. When done cooking, allow the pressure to release naturally for 10 minutes, and then do a quick release for any remaining pressure.

5. To serve, transfer soup to individual bowls and garnish with fresh chopped parsley, if desired. Enjoy!



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