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EMERALD CITY SPINAL CARE

WHITE BEAN SOUP WITH CHARD

Serves 4

Ingredients

- 1 Tbsp plus 1/2 tsp salt, divided
- 1 quart water
- 12 oz dried cannellini or great northern beans
- 2 Tbsp olive oil
- 2 large carrots, chopped
- 2 cloves garlic, minced
- 2 ½ cups chicken broth
- 1 small bunch of chard, stemmed and leaves cut into 1-inch ribbons
- ¼ cup grated Parmesan cheese

Directions

- Place stainless steel bowl in Instant Pot, and select Saute.
- Add olive oil and heat until it shimmers. Add onion and carrots. Sprinkle with 1/4 tspn salt. Cook 2-3 minutes, stirring frequently, until onion pieces soften. Add garlic. Cook 1 minute, until fragrant.
- Add beans to the IP bowl, along with broth and remaining salt.
- Lock lid in place, setting pressure valve to "Sealing". Select Manual, adjust pressure to High and time to 15 minutes.
- After cooking, let pressure release naturally for 10 minutes. Quick release remaining pressure, by turning pressure valve to "Venting". Carefully remove lid.
- Select Saute and adjust to Medium heat. Stir in chard. Bring to a simmer. Cook about 5 minutes, until chard is tender.
- Ladle soup into bowls and sprinkle with cheese.

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