

Thick 'n' Rich Cream of Potato and Broccoli Soup

This is a good weekday choice for a fast, nutritious dinner when time is short, or you're tired after a busy day. It cooks in 4 minutes, just long enough to set the table and warm up a crusty loaf of bread by the time the cooker depressurizes.

- 2 tablespoons butter
- 1 onion, diced
- 1 cup thinly sliced celery
- 1 tablespoon minced garlic
- ½ teaspoon freshly ground black pepper
- ½ teaspoon dried marjoram
- ½ teaspoon cayenne pepper
- 4 potatoes, peeled and diced
- 3 cups frozen chopped broccoli
- 2 (14-ounce) cans chicken broth
- 1 cup heavy cream
- 1 cup sour cream
- 1 cup shredded cheddar cheese
- ⅓ cup instant potato flakes
- 2 green onions, white and green parts, minced,
for garnish

Heat the butter in the pressure cooker over medium heat. Add the onions, celery, garlic, black pepper, marjoram, and cayenne pepper and cook, stirring, for about 3 minutes. Add the potatoes, broccoli, broth, and 2 cups water. Stir to mix and lock the lid in place. Bring to 15psi over high heat, immediately reduce the heat to the lowest possible setting to stabilize and maintain that pressure, and cook for 4 minutes. Remove from the heat and use the natural release method (see page 31) to depressurize. Carefully open the lid after the pressure drops. Add the cream, bring to a simmer over low heat, and stir in the sour cream and cheese. Add the potato flakes a little at a time until the soup reaches the desired consistency. Serve with the green onions sprinkled on top. * Serves 5 to 6