

HAMBURGER SOUP

EFFORT: NOT MUCH • PRESSURE: HIGH • TIME UNDER PRESSURE: 5 OR 8 MINUTES • RELEASE: QUICK • SERVES: 6

3 cups beef broth
One 14-ounce can diced tomatoes (about 1¾ cups)
3 tablespoons tomato paste
1 large yellow onion, diced
2 medium green bell peppers, stemmed, cored, and chopped
2 medium celery stalks, thinly sliced
2 medium carrots, thinly sliced
1 large yellow potato (about 12 ounces), such as Yukon Gold, diced
¼ cup loosely packed fresh parsley leaves, finely chopped
1 tablespoon loosely packed fresh oregano leaves, finely chopped
½ teaspoon salt
½ teaspoon ground black pepper
1½ pounds lean ground beef (93% lean or better)

1 Whisk the broth, tomatoes, and tomato paste in a 6-quart stovetop pressure cooker or electric pressure cooker until the tomato paste dissolves. Stir in the onion, bell peppers, celery, carrots, potato, parsley, oregano, salt, and pepper. Crumble in the ground beef in small clumps.

2 Lock the lid onto the pot.

STOVETOP: Set the pot over high heat and bring it to high pressure (15 psi). Once this pressure has been reached, lower the heat as much as possible while maintaining this pressure. Cook for 5 minutes.

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ELECTRIC: Set the machine to cook at high pressure (9–11 psi). Set the machine's timer to cook at this pressure for 8 minutes.

3 Use the quick-release method to bring the pot's pressure back to normal.

4 Unlock and open the pot; stir well before serving. (If desired, use a flatware spoon to skim off some or most of the surface fat before serving.)

TESTERS' NOTES

- Talk about a kid-friendly recipe. Yes, this one's a little more stocked with vegetables than some versions. Consider it an easy meal on the nights with after-school activities.
- Keep the ground beef in small clumps, rather than crumbling it further. The clumps will stay together under pressure, sort of like small meatballs in the soup.
- You want those onions, carrots, and celery cut into small, thin pieces so they begin to dissolve, offering lots of flavor but not a lot of texture in each spoonful.