

## 15 BEAN SOUP IN THE INSTANT POT

Recipe by QueenOf1211

### CHEF'S NOTE

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"Use the 15 bean soup in a bag, but not the seasoning packet, this is much better."



**READY IN:** 1hr 15mins

**SERVES:** 6

**YIELD:** 9 cups

**UNITS:** US

### INGREDIENTS

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- 1 (20 ounce) bag of 15 bean soup dried beans
- 10 cups water
- 1 large onion, chopped
- 3 large carrots, chopped
- 1 garlic clove, minced
- 1 teaspoon olive oil
- 1 hambone from a spiral sliced ham
- 1 lemon, juiced
- 1 (10 3/4 ounce) can condensed tomato soup
- 1 teaspoon paprika
- 1 teaspoon smoked paprika
- 1 teaspoon chili powder
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon black pepper
- 1/2 teaspoon oregano
- 1 teaspoon thyme
- 1 teaspoon salt

## **DIRECTIONS**

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Start a pot of 10 cups of water to boil (using hot water will make the Instant Pot come up to pressure faster).

Chop onions and carrot, mince garlic.

Turn the Instant Pot on Saute, add the olive oil and heat until warm, then add onions and carrots and cook until the onions start to turn translucent, then add garlic and cook a minute longer.

Add the ham bone, the beans from a package of 15 bean soup (not seasoning packet), and 10 cups of the hot water, or enough to fill the pot only to the max line.

Set the Instant Pot on Beans/Soup setting for 30 minutes.

After the timer goes off, turn the pot off for 10 minutes, then do a quick release of the pressure and take the lid off.

Remove the hambone and discard, or pick some of the meat off and add to the soup if you'd like.

Add the lemon juice, tomato soup and all of the seasonings, turn the pot on saute and cook for about 30 minutes to let the flavors meld.

Serve with corn bread.

## NUTRITION INFO

Serving Size: 1 (520 g)

Servings Per Recipe: 6

AMT. PER SERVING	% DAILY VALUE
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<b>Calories</b> 69.5	
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Calories from Fat 12	18%
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Total Fat 1.4 g	2%
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Saturated Fat 0.2 g	1%
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<b>Cholesterol</b> 0 mg	0%
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<b>Sodium</b> 630.1 mg	26%
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<b>Total Carbohydrate</b> 14.4 g	4%
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Dietary Fiber 2.8 g	11%
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Sugars 7.2 g	28%
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<b>Protein</b> 1.8 g	3%
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