



Pressure Cooker Bean and Pasta Soup

READY IN



45 min.

SERVINGS



8

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups baking potato cubed peeled
- 2 tablespoons balsamic vinegar
- 0.5 teaspoon pepper black freshly ground
- 14.5 ounce canned tomatoes diced undrained canned
- 2 cups cannellini beans beans dried white
- 4 teaspoons olive oil extravirgin
- 2 garlic cloves chopped
- 2 tablespoons olive oil
- 1.5 cups onion chopped

- 2 ounces parmigiano-reggiano cheese grated
- 3 inch parmigiano-reggiano cheese rind
- 2 cups seashell pasta whole wheat uncooked
- 1.5 tablespoons teaspoon rosemary dried fresh minced crushed
- 2.5 teaspoons sea salt
- 4 quarts water divided

Equipment

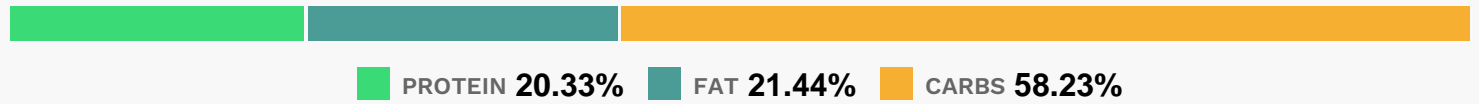
- bowl
- frying pan
- paper towels
- ladle
- pressure cooker

Directions

- Sort and wash beans.
- Combine beans and 2 quarts water in a 6-quart pressure cooker. Close lid securely; bring to high pressure over high heat. Adjust heat to medium or level needed to maintain high pressure; cook 3 minutes.
- Remove from heat; place pressure cooker under cold running water.
- Remove lid.
- Drain beans.
- Place beans in a bowl; wipe pan dry with paper towels.
- Heat 2 tablespoons oil in pan over medium-high heat.
- Add potato, onion, rosemary, and garlic; saut 3 minutes.
- Add beans, 2 quarts water, pepper, and cheese rind to pan. Close lid securely; bring to high pressure over high heat. Adjust heat to medium or level needed to maintain high pressure; cook 40 minutes.
- Remove from heat; place pressure cooker under cold running water.
- Remove and discard cheese rind.

- Cook pasta according to package directions, omitting the salt and fat.
- Add pasta, salt, and diced tomatoes to soup. Ladle 1 1/4 cups soup into each of 8 bowls, and top each serving with 1 tablespoon grated cheese, 3/4 teaspoon vinegar, and 1/2 teaspoon extravirgin olive oil.

Nutrition Facts



Properties

Glycemic Index:53.47, Glycemic Load:12.08, Inflammation Score:-8, Nutrition Score:22.749130575553%

Flavonoids

Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg

Nutrients (% of daily need)

Calories: 379.62kcal (18.98%), Fat: 9.25g (14.24%), Saturated Fat: 2.78g (17.38%), Carbohydrates: 56.56g (18.85%), Net Carbohydrates: 46.23g (16.81%), Sugar: 5.93g (6.58%), Cholesterol: 7.45mg (2.48%), Sodium: 1007.04mg (43.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.74g (39.48%), Manganese: 1.28mg (64.05%), Folate: 218.23µg (54.56%), Fiber: 10.34g (41.35%), Copper: 0.77mg (38.57%), Iron: 6.81mg (37.84%), Potassium: 1313.66mg (37.53%), Magnesium: 137.08mg (34.27%), Calcium: 305.73mg (30.57%), Phosphorus: 304.48mg (30.45%), Selenium: 19.15µg (27.35%), Vitamin B6: 0.45mg (22.52%), Vitamin B1: 0.33mg (21.67%), Zinc: 2.74mg (18.26%), Vitamin C: 9.55mg (11.57%), Vitamin E: 1.59mg (10.62%), Vitamin B2: 0.17mg (9.94%), Vitamin K: 10.08µg (9.6%), Vitamin B3: 1.59mg (7.94%), Vitamin B5: 0.78mg (7.83%), Vitamin A: 209.45IU (4.19%), Vitamin B12: 0.13µg (2.19%)