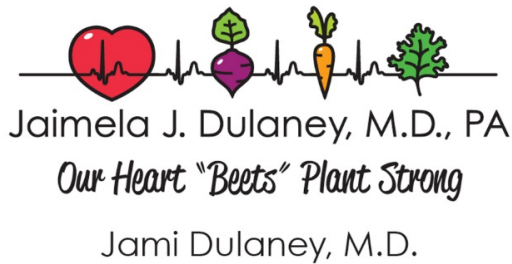


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Creamy White Bean Soup

Ingredients:

- 1 lb dried beans, rinsed (about 3 cups dry, or 4 cans of beans)
- 1 leek, diced
- 2 stalks celery, diced
- 2 large carrots, diced
- 1, 5 oz. produce box of greens (spinach a great option)
- 1 Tbsp miso paste (dilute in a small amount of water before adding)
- 3 cloves garlic, diced
- 1 tsp dried rosemary
- 1 tsp dried oregano
- ½ tsp smoked paprika
- 5 cups water
- ¼ tsp cayenne pepper (*optional)
- 2 Tbsp nutritional yeast
- Zest from ½ lemon

Directions:

1. If using dried beans, soak in water overnight (at least 8 hrs.). Make sure to cover with at least 1 inch of water.
2. Using an Instant Pot, begin with the "sauté" function on "normal." Add in a small amount of water and diced leek, celery and carrots. Sauté for about 5 minutes.
3. Add in garlic and sauté for 1 more minute.
4. Add in rosemary and oregano, and a little more water. Stir.
5. Next add in greens, beans, water and remaining spices and stir.
6. Turn off "sauté" mode, place lid on instant pot and make sure the valve is set to "seal". Press the "pressure cook" button; adjust to "high pressure". Set timer to 17 minutes (it will take about 15 minutes to come to pressure).
7. Once cooking is complete, allow pressure to release naturally. Remove the lid and give the soup a stir.
8. Add the zest from ½ lemon. Taste if in need of pepper. For thinner soup, add 1 cup unsweetened soy milk. You can also immersion blend or blend 1/3 of the soup to thicken if desired.
9. Enjoy!