

Pressure Cooker Potato, Leek & Kale Soup

11 ingredients · 25 minutes · 4 servings



Directions

1. Turn your pressure cooker to sauté mode and add a splash of vegetable broth. Then add the leeks and celery and cook for 4 to 5 minutes, until softened. Add the garlic, oregano, thyme and sea salt and stir to combine, cooking for one minute more.
2. Turn off the sauté mode and add the potatoes along with the remaining vegetable broth. Stir to combine. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for 10 minutes on high pressure. Once finished cooking, turn off and do a quick release.
3. Remove about 3/4 of the soup and place in a blender. Carefully blend to purée until smooth. Pour this back into the pressure cooker. Add the kale leaves and lemon juice and stir. Heat through to let the kale wilt a little. Divide into bowls, garnish with dill if using, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to about 1 1/2 cups.

More Flavor

Use oil to sauté the vegetables.

Additional Toppings

Top with red pepper flakes.

No Dill

Omit or use any other fresh herb.

Ingredients

- 3 cups** Vegetable Broth
- 1** Leeks (white parts only, chopped fine)
- 2 stalks** Celery (chopped)
- 4** Garlic (cloves, minced)
- 1 tsp** Oregano (dried)
- 1/8 tsp** Dried Thyme
- 1/2 tsp** Sea Salt
- 3** Yellow Potato (medium, chopped)
- 2 cups** Kale Leaves (stem removed, chopped)
- 1 1/2 tbsps** Lemon Juice
- 1/4 cup** Fresh Dill (optional, chopped)