



Instant Pot Meatball Minestrone Soup

INGREDIENTS

3 tbsp Gustare Vita olive oil
1 (16-oz.) pkg. Hy-Vee Short Cuts mixed carrot and celery sticks, diagonally sliced ¼ inch thick
1 cup Hy-Vee Short Cuts chopped white onions
2 tbsp Hy-Vee Italian seasoning
2 tsp bottled minced garlic
1 tsp Hy-Vee salt
1 tsp Hy-Vee black pepper
4 cups water
4 cups Hy-Vee vegetable stock
1 (16-oz.) pkg. Hy-Vee dried nine bean soup mix, rinsed
2 tbsp Hy-Vee tomato paste
1 (14-oz.) pkg. Hy-Vee frozen Italian style meatballs
5 cups Laciante kale, trimmed and chopped
1 (14-oz.) can Hy-Vee no salt added diced tomatoes, undrained
4 tsp fresh lemon juice, for serving
Soirée shaved Parmesan cheese, for serving

PREPARATION

- 1** Heat oil in an 8-quart Instant Pot or pressure cooker on SAUTÉ setting. When HOT displays, add carrots and celery, onions, Italian seasoning, garlic, salt and pepper. Cook, uncovered for 3 to 4 minutes or until onions are softened, stirring frequently. Turn off Instant Pot. Transfer vegetable mixture to a small bowl; set aside.
- 2** Add water, vegetable stock, dried beans soup mix and tomato paste to Instant Pot. Lock lid in place and set valve to SEALING position. Cook on HIGH PRESSURE for 30 minutes. Allow pressure to release naturally for 20 minutes. Place towel over release valve; move to VENTING position (quick release) to release remaining pressure. Carefully remove lid, allowing steam to escape.
- 3** Add meatballs and vegetable mixture to Instant Pot. Lock lid in place and set valve to SEALING position. Cook on HIGH PRESSURE for 5 minutes. Quick-release pressure; carefully remove lid.
- 4** Stir in kale and undrained diced tomatoes. Cook, uncovered, on SAUTÉ setting for 10 to 12 minutes or until kale is tender, stirring occasionally.
- 5** To serve, ladle soup in serving bowls. Drizzle each serving with ½ teaspoon lemon juice; sprinkle with Parmesan cheese.

NUTRITION FACTS

Calories: 424
Total Fat: 19g
Saturated Fat: 6g
Trans Fat: 0g
Cholesterol: 32mg

Sodium: 1054mg
Carbohydrates: 62g
Fiber: 27g
Sugar: 8g
Protein: 26g