

# Beans, Rice And Everything Nice

## Greek White Bean Soup

### Instant Pot Directions



original recipe by [beansriceeverythingnice.weebly.com](http://beansriceeverythingnice.weebly.com)

### Ingredients

*makes 8 - 10 servings*

6 cups cooked or 3 cans  
navy beans, drained  
and rinsed

1 small onion, diced

4 cloves garlic, divided,  
2 cloves minced

zest and juice of 1 lemon

2 Tablespoons dried oregano

1 large or 2 small potatoes, cubed

6 carrots, peeled and sliced

6 stalks celery, sliced

1 156 ml (5.5 ounce) can  
tomato paste

8 cups water or  
4 cups vegetable broth  
and 4 cups water

parsley (about 1/2 a bunch),  
minced

salt and pepper, to taste

- 1. If using canned beans, skip this step.**  
Sort and wash, then soak 2 cups of dried navy beans for 8 hours or overnight. The next morning drain the beans and add them to the Instant Pot along with 1 cup of water for each 1 cup of soaked beans. Cover with the lid. Set the valve to sealing and cook on Manual for 5 minutes. Release the pressure after 15 minutes or wait for the pressure to come down naturally. Drain and rinse the beans. Set aside until ready to use.
- 2.** Prepare all the ingredients before cooking. Press the Saute button on the Instant Pot and heat for a minute. Add the diced onion and saute until translucent, adding a splash of water as needed to prevent the onions from burning. Press the Cancel button to turn off the saute function. Add the 2 cloves of minced garlic, lemon zest and oregano. Stir to combine.
- 3.** Add the beans, celery, carrots, potatoes, and 4 cups of vegetable stock (if using.) Mix the can of tomato paste with 1 cup of the water and add it to pot. Add the remaining 3 cups of water. Stir to combine. Close the lid, set the pressure valve to sealing, press the Manual button and set the cook time to 10 minutes.
- 4.** Once cooked, let the pressure come down naturally by letting the pot sit for 15 minutes. Turn the pressure valve to venting and release any remaining pressure. Stand back as the steam releases so you don't burn yourself. Open the lid, and add the minced parsley and lemon juice, and grate the remaining 2 cloves of garlic into the pot. Let sit for 5 minutes before serving.