



Instant Pot Spicy Black Bean Soup Vegan

Savannah · 28/09/2024



Prep Time

25 mins

Difficult

Medium

Servings

1 hr 45 mins

Description

When you make black bean soup in your Instant Pot you dont have to soak the beans first Adjust the spices to your liking in this healthier black bean soup thats easy to make and freezes well

Ingredients

- - 2 tablespoons olive oil - 1 medium white onion
- chopped - 1 yellow bell pepper
- diced - 5 cloves garlic
- crushed - 4 teaspoons chili powder - 1 ½ teaspoons ground cumin - 1 ½ teaspoons dried oregano - ½ teaspoon salt - ½ teaspoon freshly ground black pepper - ¼ teaspoon chipotle pepper powder - 6 cups vegetable broth - 1 pound dry black beans - 1 (4 ounce) can chopped Hatch chile peppers
- undrained - 1 pinch garlic salt
- or to taste - 1 cup pico de gallo - 1 red bell pepper
- sliced - 1 lime
- cut into wedges

Instructions

1. Turn on a multi-functional pressure cooker (such as Instant Pot) and select the Sauté function. Add oil and heat until shimmering. Add onion and yellow pepper; cook and stir until translucent and soft
2. about 5 minutes. Add garlic
3. chili powder
4. cumin
5. oregano
6. salt
7. pepper
8. and chipotle powder. Cook and stir until fragrant
9. about 1 minute. Add broth
10. beans
11. and chile peppers. Close and lock the lid. Select high pressure according to the manufacturer's instructions; set the timer for 40 minutes. Allow 10 to 15 minutes for pressure to build. Release pressure using the natural-release method according to the manufacturer's instructions
12. about 25 minutes. Unlock and remove the lid. Use a stick blender to blend beans until thick and creamy. Season with garlic salt. Ladle into bowls and serve with pico de gallo
13. red bell pepper slices
14. and lime wedges. Recipe Tip To add texture to the soup
15. remove 1 cup of beans with a slotted spoon after Step 3. Return them to the pot after blending.