





## Pressure Cooker Sweet Potato & Peanut Soup

4 servings  
25 minutes

### Ingredients

- 1 tsp Avocado Oil
- 1/2 Yellow Onion (diced)
- 2 Sweet Potato (medium-sized, peeled and cut into cubes)
- 2 Garlic (cloves, minced)
- 2 tsp Smoked Paprika
- 1/2 tsp Turmeric
- 1 tsp Chili Flakes (optional)
- 2 1/2 cups Fire Roasted Diced Tomatoes (from the can with juices)
- 1/4 cup Sun Dried Tomatoes (drained)
- 1/2 cup Raw Peanuts
- 1/2 tsp Sea Salt
- 1 3/4 cups Organic Coconut Milk (from the can)
- 1 cup Water
- 1/4 cup All Natural Peanut Butter
- 2 cups Baby Spinach

### Nutrition

Amount per serving	
Calories	514
Fat	37g
Saturated	20g
Polyunsaturated	5g
Monounsaturated	10g
Carbs	35g
Fiber	7g
Protein	13g
Vitamin A	11849IU

### Directions

- 1 Turn your pressure cooker to sauté mode and add the avocado oil. Add the onion and sweet potato and cook for 4 to 5 minutes. Then add the garlic and saute for 1 minute more. Turn the sauté mode off and add the smoked paprika, turmeric and chili flakes, if using. Stir to combine.
- 2 Add the canned tomatoes, sun dried tomatoes, peanuts, salt, coconut milk and water. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for 4 minutes on high pressure. Once finished, let the pressure release naturally for 5 minutes, then do a quick release.
- 3 Carefully remove the lid, and add the peanut butter and spinach and stir to combine. Divide between bowls and enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container for up to five days.

**Serving Size,** One serving is equal to about 1 1/4 cups soup.

**No Peanuts,** Use sunflower seed butter and sunflower seeds, or almond butter and almonds instead.

**No Fire Roasted Tomatoes,** Use diced tomatoes instead.

**Additional Toppings,** Top with additional peanuts.

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Vitamin C	15mg
Iron	4mg
Vitamin D	0IU
Vitamin E	4mg
Vitamin B6	0.4mg
Folate	97µg
Vitamin B12	0µg





## Pressure Cooker Carrot Ginger Soup

4 servings  
25 minutes

### Ingredients

- 3 cups Organic Vegetable Broth
- 1 Yellow Onion (chopped)
- 1 Garlic (clove, minced)
- 1 tbsp Ginger (fresh, minced)
- 6 Carrot (chopped)
- 2 tsps Thyme (fresh, chopped)
- 1 1/4 cups Organic Coconut Milk (full fat, from a can)

### Nutrition

Amount per serving	
Calories	192
Fat	14g
Saturated	12g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	16g
Fiber	3g
Protein	3g
Vitamin A	15700IU
Vitamin C	7mg
Iron	1mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin B6	0.1mg
Folate	18µg
Vitamin B12	0µg

### Directions

- 1 Turn the pressure cooker to sauté mode. Add a splash of vegetable broth along with the onion and cook for 3 to 4 minutes. Add the garlic and ginger and sauté for 1 minute more.
- 2 Turn the sauté mode off and add the carrots, thyme and rest of the broth. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for 5 minutes on high pressure. Once finished, release the pressure manually.
- 3 Carefully remove the lid, and purée the soup using an immersion blender or a blender. Add the coconut milk and stir to combine. Serve and enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container for up to four days. Freeze for up to three months.

**Serving Size,** One serving is equal to approximately 1 1/2 cups of soup.

**Additional Toppings,** Top with fresh thyme, chives or sesame seeds.



## Pressure Cooker Red Lentil & Vegetable Soup

6 servings  
20 minutes

### Ingredients

- 1 Carrot (peeled, chopped)
- 1 Yellow Onion (chopped)
- 1 stalk Celery (chopped)
- 1 Zucchini (chopped)
- 3 Garlic (cloves, minced)
- 5 cups Organic Vegetable Broth
- 1 cup Dry Red Lentils (rinsed)
- 1 cup Parsley (chopped)
- 1 cup Kale Leaves (finely chopped)
- 1 tsp Oregano
- 1/2 tsp Sea Salt
- 1 Lemon (juiced)

### Nutrition

Amount per serving	
Calories	164
Fat	1g
Saturated	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	30g
Fiber	7g
Protein	10g
Vitamin A	3260IU
Vitamin C	28mg
Iron	4mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin B6	0.1mg
Folate	32µg
Vitamin B12	0µg

### Directions

- 1 Add all ingredients except for the lemon juice to the pot of your pressure cooker.
- 2 Put the lid on and set to "sealing" then press manual/pressure cooker and cook for 5 minutes on high pressure. Once finished, release the pressure manually. Stir in the lemon juice and season with additional salt if needed.
- 3 Divide between bowls and enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container for up to five days.

**Serving Size,** One serving is approximately 1 1/2 cups of soup.

**Additional Toppings,** Serve with additional lemon wedges and fresh parsley.

**Consistency,** If the soup is too thick, thin with additional broth until desired consistency is reached.

**More Veggies,** Add bell pepper and/or tomato.





## Pressure Cooker Squash Bowl

3 servings

40 minutes

### Ingredients

- 1 Delicata Squash (washed, whole)
- 2 Apple (cored, cubed)
- 1/2 cup Water
- 1/2 tsp Cinnamon
- 1/4 oz Gelatin
- 1 tbsp Maple Syrup
- 3 tbsps Unsweetened Coconut Flakes (optional, for topping)

### Nutrition

Amount per serving	
Calories	182
Fat	4g
Saturated	3g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	38g
Fiber	6g
Protein	4g
Vitamin A	594IU
Vitamin C	21mg
Iron	1mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin B6	0.3mg
Folate	28µg
Vitamin B12	0µg

### Directions

- 1 Add the delicata squash, apple, water and cinnamon to the pressure cooker. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for 8 minutes on high pressure. Once finished, let the pressure release naturally.
- 2 Carefully remove the lid, and remove the squash. Let it cool slightly, then cut it in half, and remove the seeds. Add the squash and all of the contents from the pressure cooker to a blender along with the gelatin and maple syrup. Blend on high until smooth.
- 3 Pour into a bowl and top with coconut flakes, if using. Serve and enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container for up to three days.

**Serving Size,** One serving is equal to about 1 1/2 cups.

**Storage,** Alternatively, you can store this in the fridge and eat it cold. It will thicken more in the fridge and become similar to a pudding/jello texture.

**More Flavor,** Add additional spices such as ginger.

**Additional Toppings,** Top with fruit, slivered almonds, sunflower seeds or pumpkin seeds.



## Pressure Cooker Mexican Quinoa & Black Beans

4 servings

15 minutes

### Ingredients

- 1 1/2 cups Black Beans (cooked, rinsed)
- 1 1/4 cups Organic Vegetable Broth
- 1 cup Quinoa (uncooked)
- 1 cup Diced Tomatoes (from the can, drained)
- 2 tsps Chili Powder
- 2 tsps Cumin
- 1 tsp Garlic Powder
- 1/2 tsp Sea Salt
- 1/4 tsp Red Pepper Flakes
- 1/2 Lime (juiced)
- 2 Avocado (diced)

### Nutrition

Amount per serving	
Calories	430
Fat	18g
Saturated	3g
Polyunsaturated	4g
Monounsaturated	11g
Carbs	56g
Fiber	17g
Protein	15g
Vitamin A	1029IU
Vitamin C	18mg
Iron	5mg
Vitamin D	0IU
Vitamin E	4mg
Vitamin B6	0.6mg
Folate	257µg
Vitamin B12	0µg

### Directions

- 1 Combine the black beans, vegetable broth, quinoa, tomatoes, chili powder, cumin, garlic powder, salt and red pepper flakes in the pot of the pressure cooker and close the lid.
- 2 Set to "sealing", then press manual/pressure cooker and cook for 5 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully and stir in the lime juice.
- 3 Divide between bowls and top with diced avocado. Enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container for up to three days.

**Serving Size,** One serving is approximately 1 cup of the quinoa mixture and 1/2 an avocado.

**More Flavor,** Add fresh garlic or onion, coriander or smoked paprika.

**Additional Toppings,** Serve with fresh cilantro, green onion, jalapenos, salsa or hot sauce.

**More Vegetables,** Add corn kernels, chopped leafy greens or bell pepper.

**Cooking Time,** If the cooking liquid has not completely absorbed after the initial cooking time, return the lid, seal and cook for another couple of minutes on high pressure.

**No Canned Tomatoes,** Use fresh tomatoes instead.





## Pressure Cooker Cumin Citrus Black Beans & Rice

4 servings

1 hour 5 minutes

### Ingredients

- 1 cup Dry Black Beans (rinsed well)
- 1 cup Brown Rice (uncooked)
- 1 tbsp Cumin
- 1 1/2 tsps Oregano
- 1 tsp Sea Salt
- 3 cups Water
- 1 Navel Orange (cut in half, juiced)
- 6 Garlic (cloves, smashed then roughly chopped)
- 1 Yellow Onion (peeled, cut into quarters)
- 1/2 cup Cilantro (chopped, optional)

### Nutrition

Amount per serving	
Calories	378
Fat	3g
Saturated	0g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	75g
Fiber	11g
Protein	15g
Vitamin A	256IU
Vitamin C	23mg
Iron	5mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin B6	0.5mg
Folate	240µg
Vitamin B12	0µg

### Directions

- 1 Combine the black beans, rice, cumin, oregano and salt in the pressure cooker. Stir in the water, juice of the orange and garlic. Place the juiced halves of the orange cut side down in the beans and rice along with the onion quarters. Close the lid.
- 2 Set to "sealing", then press manual/pressure cooker and cook for 30 minutes on high pressure. Once it is done, let the pressure release naturally for 20 minutes then release the remaining pressure manually. Remove the lid carefully.
- 3 Using a spoon carefully remove the orange halves and onion quarters and discard. Stir in the cilantro, if using, and season with additional salt if needed. Divide between plates and enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container for up to five days.

**Serving Size,** One serving is approximately 1 cup.

**Additional Toppings,** Top with avocado, grated cheese or greek-style yogurt, extra cilantro or green onions, red pepper flakes or hot sauce.

**Make it a Meal,** Serve beside wilted greens, sautéed peppers, cooked chicken or fish. Use as a taco filling or in a burrito.

**Orange,** One orange yields approximately 1/2 cup orange juice.





## Pressure Cooker Kitchari

4 servings

30 minutes

### Ingredients

- 3/4 cup Basmati Rice (dry)
- 3/4 cup Dry Red Lentils
- 1 tsp Cumin
- 1 tbsp Turmeric
- 1 tbsp Curry Powder
- 1 head Cauliflower (chopped into florets)
- 1 Carrot (medium, diced)
- 4 cups Organic Vegetable Broth
- 1 tbsp Coconut Oil
- 1 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 cup Cilantro (chopped)

### Nutrition

Amount per serving	
Calories	377
Fat	5g
Saturated	3g
Polyunsaturated	0g
Monounsaturated	1g
Carbs	69g
Fiber	11g
Protein	17g
Vitamin A	3352IU
Vitamin C	74mg
Iron	6mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin B6	0.3mg
Folate	91µg

### Directions

- 1 Combine all ingredients, except cilantro, in your pressure cooker. Bring to pressure and cook for 4 minutes. After 4 minutes, release the pressure manually.
- 2 Divide between bowls and top with cilantro. Enjoy!

### Notes

**Serving Size,** One serving is equal to about 2 cups.

**No Basmati Rice,** Use brown rice and increase cooking time.

**No Red Lentils,** Use yellow split peas. Increase cooking time to 17 minutes at pressure.

**Stove Top,** Increase broth to 5.5 cups and cook covered for about 25 minutes.

**More Vegetables,** Leafy greens, squash, tomatoes, or parsnips all make a great additions to kitchari.



## Pressure Cooker Cinnamon & Banana Crunch Steel Cut Oats

4 servings  
25 minutes

### Ingredients

- 1 1/2 cups Steel Cut Oats
- 3 cups Water
- 1/4 cup Unsweetened Almond Milk
- 1/2 tsp Cinnamon
- 2 Banana (sliced)
- 1 cup Granola
- 1/4 cup Almond Butter

### Nutrition

Amount per serving	
Calories	555
Fat	22g
Saturated	3g
Polyunsaturated	5g
Monounsaturated	9g
Carbs	80g
Fiber	12g
Protein	14g
Vitamin A	76IU
Vitamin C	6mg
Iron	3mg
Vitamin D	6IU
Vitamin E	7mg
Vitamin B6	0.3mg
Folate	46µg
Vitamin B12	0µg

### Directions

- 1 Add the steel cut oats and water to your pressure cooker and close lid. Set to "sealing" then press manual/pressure cooker and cook for 4 minutes on high pressure. Once it is done, press cancel and let the pressure release naturally (this can take 15 minutes or so).
- 2 Remove the lid carefully, and stir in the milk and cinnamon until combined. Add more milk if needed.
- 3 Divide the oats into bowls and top with banana slices, granola and almond butter. Enjoy!

### Notes

**Meal Prep,** These oats can be prepped ahead and stored in the fridge up to 5 days, or in the freezer for longer. Reheat and add toppings before serving.

**Likes it Sweet,** Add a drizzle of maple syrup or honey.

**No Granola, Omit,** or use a mix of nuts and seeds instead.

**More Fiber,** Add chia seed or ground flax seed.