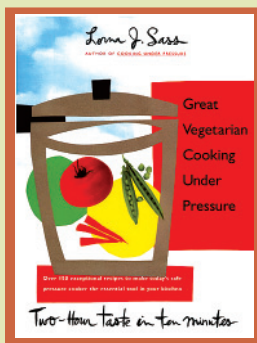


Great Vegetarian Soups Cooked Under Pressure

Vegetarian soup recipe sampler from
Great Vegetarian Cooking Under Pressure

by Lorna J. Sass



“During the 1980s my career took a turn when my mom brought a pressure cooker back from India and started turning out delicious soups and stews in 15 minutes. A lightbulb went off in my head: why aren’t we all using pressure cookers to get healthy food on the table quickly?”

Cooking Under Pressure was published in 1989 to wide acclaim and went through 24 printings. (William Morrow is bringing out a revised 20th Anniversary edition.)

Before I knew it, I’d become “The Queen of Pressure Cooking.” I went on to write *Great Vegetarian Cooking*, *The Pressure Cook* and *Pressure Perfect* my definitive word on the subject.”

Lorna J. Sass, Ph.D., author of the highly acclaimed Cooking Under Pressure and Recipes From an Ecological Kitchen, is an award-winning writer and the country’s leading authority on pressure cooking.

TARRAGON-SCENTED WHITE BEAN SOUP

8 minutes high pressure

This recipe is one I turn to regularly for a quick meal, and I never fail to be amazed at how tarragon adds elegance to anything it touches.

Serves 4 to 6

- 1½ cups dried navy (pea) beans, picked over and rinsed, soaked overnight in ample water to cover or speed-soak
- 5 cups boiling water
- 1 tablespoon safflower or canola oil (optional, except for owners of jiggle-top cookers)
- 1 cup thinly sliced leeks (white and light green parts) or coarsely chopped onions
- 2 large carrots, halved lengthwise and cut into ½ -inch slices
- 2 large celery ribs, finely diced
- 2 large bay leaves
- 2 teaspoons dried tarragon leaves
- 1 teaspoon salt, or to taste

Drain and rinse the beans. Place them in the cooker with the water, oil (if needed), leeks, carrots, celery, bay leaves, and tarragon.

Lock the lid in place. Over high heat, bring to high pressure. Lower the heat just enough to maintain high pressure and cook for 8 minutes. Allow the pressure to come down naturally or use a quick-release method. Remove the lid, tilting it away from you to allow any excess steam to escape. If the beans are not quite tender, either return to high pressure for another minute or two or replace (but do not lock) the lid and simmer until the beans are done.

Remove the bay leaves and add salt. If the soup is too thin, with a slotted spoon, transfer about 1 cup of the beans to a food processor or blender, and puree. Stir the puree back into the soup.

Tips & Techniques

If using leeks, add a few of the greens for extra flavor. Remove the before serving.

Variations

For a more elegant soup, puree the entire batch.

Use Great Northern instead of navy beans. Cooking time remains the same.

