

# Instant Pot Bean Soup

Prep: 5 minutes • Cook: 55 minutes

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*A bright, hearty vegan soup of navy beans, colorful vegetables, and Italian seasoning, finished with fresh lemon. Made in the Instant Pot with unsoaked dried beans for superior texture and a clean, satisfying finish.*

## Ingredients

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- 1/4 cup extra-virgin olive oil
- 1 large (2 cups) yellow onion (diced)
- 6 cloves garlic (minced)
- 2 tablespoons Italian seasoning
- 1/4 teaspoon red pepper flakes
- 1 teaspoon fine sea salt
- 2 carrots (diced)
- 2 ribs celery (diced)
- 1 medium (1 1/2 cups) yellow potato (diced)
- 1 cup dried navy beans (not soaked)
- 2/3 cup (2 peppers) roasted red peppers (chopped)
- 6 cups vegetable broth
- 4 cups baby spinach
- 1 tablespoon fresh lemon juice

## Instructions

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1. Add olive oil and diced onions to the Instant Pot. Set to Saute for 10 minutes, stirring occasionally, until onions are browned at the edges.
2. Add minced garlic, Italian seasoning, red pepper flakes, and salt. Saute for 1 minute until fragrant.
3. Add carrots, celery, potato, dried navy beans, roasted red peppers, and vegetable broth. Stir to combine. Pressure cook on High for 25 minutes, then allow a natural release for 15 minutes before releasing remaining pressure.
4. Stir in baby spinach and lemon juice. Taste and adjust seasoning with more salt and/or lemon juice as needed. Ladle into bowls and serve.

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**Tags: Instant Pot, Vegan, Soup, Gluten Free, Beans, Weeknight Friendly**

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