

# Delicious Instant Pot Soup and Stew Recipes

## Creamy Chicken Noodle Soup

Serves 4 | Prep. time 5–8 minutes | Cooking time 15 minutes

Nutrition per serving: calories 523, fat 23.4g, total carbs 19.6g, protein 33g, sodium 875mg

### Ingredients

- ¾ cup heavy cream
- ½ cup parmesan cheese, grated
- 2 chicken breasts, boneless
- 1 tablespoon flour
- 2 large carrots, sliced
- 2 bay leaves
- 2 garlic cloves, minced
- 1 cup uncooked noodles
- 1 cup celery, sliced
- ½ teaspoon lemon pepper seasoning
- ½ teaspoon Italian seasoning
- ½ teaspoon dried rosemary
- 1 teaspoon dried parsley
- 3 cups chicken broth
- 1 small onion, diced
- 1 cup chicken broth
- Ground black pepper and salt to taste

### Directions

1. Place your Instant Pot on a dry surface and open the lid.
2. Add the broth, chicken and onions; stir to combine using a wooden spatula.
3. Close the lid and make sure it is sealed properly.
4. Press MANUAL; set timer to 10 minutes.
5. The Instant Pot will start building pressure; allow the mixture to cook for the set time.
6. After the timer reaches zero, turn venting knob from sealing to venting position. Wait until float valve drops (1–2 minutes).
7. Open the lid and add the seasoning, noodles, celery, bay leaves and garlic. Stir the mixture.
8. Close the lid and make sure it is sealed properly.
9. Press MANUAL; set timer to 6 minutes.
10. The Instant Pot will start building pressure; allow the mixture to cook for the set time.
11. After the timer reaches zero, turn venting knob from sealing to venting position. Wait until float valve drops (1–2 minutes).
12. Open the lid, take out the chicken, shred it, and mix it back into the pot mixture.
13. Mix in the heavy cream and flour.
14. Press SAUTÉ; cook the mixture until it thickens.
15. Transfer the food to a large container or bowl.
16. Mix in the parmesan cheese. Divide among serving bowls; serve warm.

# Mexican Bean Beef Soup

Serves 6 | Prep. time 5–8 minutes | Cooking time 15 minutes  
Nutrition per serving: calories 574, fat 11.2g, total carbs 49.2g,  
protein 54.3g, sodium 274mg

## Ingredients

- 1 (15.5-ounce) can red beans, rinsed and drained
- 2 (1.5-ounce) packets taco seasoning
- 2 pounds ground beef
- 8 cups beef stock
- 1 (15.5-ounce) can pinto beans, rinsed and drained
- 2 cups tomatoes, chopped
- 2 cups corn kernels
- 1 (15.5-ounce) can black beans, rinsed and drained
- Ground black pepper and salt to taste

## Directions

1. Place your Instant Pot on a dry surface and open the lid.
2. Press SAUTÉ; add the oil and heat it.
3. Add the ground beef and cook for 2–3 minutes on each side to brown evenly.
4. Add the remaining ingredients; stir to combine using a wooden spatula.
5. Close the lid and make sure it is sealed properly.
6. Press BEAN/CHILI; set timer to 15 minutes.
7. The Instant Pot will start building pressure; allow the mixture to cook for the set time.
8. After the timer reaches zero, wait for the float valve to drop. It will take 8–10 minutes.
9. Open the lid and transfer the food to a large container or bowl.
10. Divide among serving plates/bowls; serve warm.

# Cabbage Pork Soup

Serves 3 | Prep. time 5–8 minutes | Cooking time 30 minutes  
Nutrition per serving: calories 175, fat 5.4g, total carbs 11.3g,  
protein 21.8g, sodium 132mg

## Ingredients

- ½ large onion, chopped
- 1 cup carrots, peeled and shredded
- ½ tablespoon olive oil
- ½ pound ground pork
- ½ cup coconut aminos
- ¼ head cabbage, chopped
- 2 cups chicken broth
- ½ teaspoon ground ginger
- Ground black pepper, to taste

## Directions

1. Place your Instant Pot on a dry surface and open the lid.
2. Press SAUTÉ; add the oil and heat it.
3. Add the ground pork and cook for 4–5 minutes on each side to brown evenly.
4. Add the other ingredients; stir to combine using a wooden spatula.
5. Close the lid and make sure it is sealed properly.
6. Press MANUAL; set timer to 25 minutes.
7. The Instant Pot will start building pressure; allow the mixture to cook for the set time.
8. After the timer reaches zero, turn venting knob from sealing to venting position. Wait until float valve drops (1–2 minutes).
9. Open the lid and transfer the food to a large container or bowl.
10. Divide among serving plates/bowls; serve warm.

# Shrimp Tortellini Soup

Serves 4 | Prep. time 5–8 minutes | Cooking time 15 minutes  
Nutrition per serving: calories 261, fat 11.3g, total carbs 21.4g,  
protein 14.8g, sodium 454mg

## Ingredients

- 2 tablespoons olive oil
- 8 ounces raw shrimps, peeled and deveined
- 1 cup tortellini
- 1 handful cherry tomatoes, halved
- 3 cloves garlic, minced
- ¼ cup basil leaves, chopped
- 1½ quarts water
- 1 tablespoon tomato paste
- 6 ounces spinach, chopped
- Ground black pepper and salt to taste
- ¼ teaspoon red pepper flakes
- 1 teaspoon smoked paprika
- 1 teaspoon Italian seasoning

## Directions

1. Place your Instant Pot on a dry surface and open the lid.
2. Add the water, tomato paste, pasta, tomato halves, garlic and basil; stir to combine using a wooden spatula.
3. Close the lid and make sure it is sealed properly.
4. Press MANUAL; set timer to 4 minutes.
5. The Instant Pot will start building pressure; allow the mixture to cook for the set time.
6. After the timer reaches zero, turn venting knob from sealing to venting position. Wait until float valve drops (1–2 minutes).
7. Open the lid and transfer the mixture to a separate container.
8. Divide the pasta mix among serving plates/bowls.
9. Press SAUTÉ; add the oil and heat it.
10. Add the shrimp, salt and Italian seasoning and cook while stirring for 4–5 minutes until shrimp is cooked well.
11. Add the spinach and cook until it wilts.
12. Add the shrimp-spinach mixture to the pasta mixture; stir gently and serve warm.

# Lentil Chard Stew

Serves 4 | Prep. time 5–8 minutes | Cooking time 25–30 minutes

Nutrition per serving: calories 416, fat 7.4g, total carbs 47.6g, protein 23.2g, sodium 143mg

## Ingredients

- ½ tablespoon soy sauce
- 1 clove garlic, minced
- 1½ cups lentils, rinsed
- 2 medium gold potatoes, cubed
- 1 small stalk celery, chopped
- 2 cups Swiss chard with stems
- 1½ tablespoons olive oil
- 1 medium onion, chopped
- 1 medium carrot, sliced
- 3 cups vegetable broth
- Black pepper and salt to taste

## Directions

1. Trim the Swiss chard; separate the leaves and stems.
2. Place your Instant Pot on a dry surface and open the lid.
3. Press SAUTÉ; add the oil and heat it.
4. Add the garlic, Swiss chard stems, celery and onions; cook while stirring until softened.
5. Add the other ingredients except for the Swiss chard leaves; stir to combine using a wooden spatula.
6. Close the lid and make sure it is sealed properly.
7. Press SOUP/BROTH; keep timer on its default time.
8. The Instant Pot will start building pressure; allow the mixture to cook for the set time.
9. After the timer reaches zero, wait for the float valve to drop. It will take 8–10 minutes.
10. Open the lid and mix in the Swiss chard leaves.
11. Press SAUTÉ; cook the mixture until the leaves wilt.
12. Transfer the food to a large container or bowl.
13. Divide among serving bowls; serve warm.

# Slow Cooked Beef Potato Stew

Serves 7–8 | Prep. time 5–8 minutes | Cooking time 8 hours 30 minutes  
Nutrition per serving: calories 337, fat 11.2g, total carbs 19.6g,  
protein 34.8g, sodium 277mg

## Ingredients

- 2 pounds beef stew meat, cubed
- 2 tablespoons olive oil
- Ground black pepper and salt to taste
- 4 carrots, sliced into rounds
- 1 onion, diced
- 1 pound potatoes, quartered
- 3 cloves garlic, minced
- 2 tablespoons tomato paste
- 3 cups beef broth
- 2 tablespoons parsley leaves, chopped
- 1 tablespoon Worcestershire sauce
- 1 teaspoon rosemary, dried
- 1 teaspoon thyme, dried
- 1 teaspoon smoked paprika
- 2 bay leaves
- 1 teaspoon caraway seeds (optional)
- ¼ cup all-purpose flour

## Directions

1. Season the beef meat pieces with the black pepper and salt.
2. Place your Instant Pot on a dry surface and open the lid.
3. Press SAUTÉ; add the oil and heat it.
4. Add and cook the beef pieces to brown evenly.
5. Mix in the potatoes, onion, thyme, rosemary, carrots and garlic; stir the mixture.
6. Mix in the Worcestershire sauce, broth, bay leaf, caraway seeds and tomato paste.
7. Season to taste and stir the mixture.
8. Close the lid and make sure it is sealed properly.
9. Press SLOW COOK; set pressure to LOW and timer to 7–8 hours, or set pressure to HIGH and timer to 3–4 hours.
10. The Instant Pot will start building pressure; allow the mixture to cook for the set time.
11. After the timer reaches zero, turn venting knob from sealing to venting position. Wait until float valve drops (1–2 minutes).
12. Open the lid; mix in the flour.
13. Close the lid and make sure it is sealed properly.
14. Press SLOW COOK; set pressure to HIGH and timer to 30 minutes.
15. The Instant Pot will start building pressure; allow the mixture to cook for the set time.
16. After the timer reaches zero, turn venting knob from sealing to venting position. Wait until float valve drops (1–2 minutes).
17. Open the lid; transfer the food to a large container or bowl.
18. Divide among serving plates/bowls; serve warm.

# Corn & Bean Chicken Stew

Serves 6 | Prep. time 5–8 minutes | Cooking time 10 minutes  
Nutrition per serving: calories 304, fat 3.4g, total carbs 37.4g,  
protein 17.2g, sodium 381mg

## Ingredients

- 1½ pounds skinless boneless chicken breast
- 2 (15-ounce) cans great northern beans
- 1 (15-ounce) can kidney beans
- 1 (15-ounce) can black beans
- 1 (15-ounce) can corn kernels
- 1½ cups celery stalks, diced
- 1 tablespoon crushed red pepper
- 3 cups water
- 2 teaspoons chili powder
- 2 teaspoons garlic powder
- ½ teaspoon cumin
- ½ cup onions, chopped
- Cooking spray as needed

## Directions

1. Place your Instant Pot on a dry surface and open the lid. Coat the cooking pot with a cooking spray.
2. Press SAUTÉ; add the onions and celery and cook while stirring for 1–2 minutes until softened and translucent.
3. Add the beans, corn, chicken, water and spices. Stir the mixture well.
4. Close the lid and make sure it is sealed properly.
5. Press MANUAL; set timer to 10 minutes.
6. The Instant Pot will start building pressure; allow the mixture to cook for the set time.
7. After the timer reaches zero, wait for the float valve to drop. It will take 8–10 minutes.
8. Open the lid, take out the chicken, shred it, and mix it back into the pot mixture.
9. Transfer the food to a large container or bowl.
10. Divide among serving bowls; serve warm.

\*\*\*These recipes and more are found in Sarah Spencer's *Soups and Stews Instant Pot Cookbook: Quick and Easy Pressure Cooker Favorite Soup and Stew Recipes*. To get your copy, click on the cover below or click [here](#).

