

Bean soup, light

9 November 2025

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Fills a large (8 qt) Instant Pot to about 6 quarts.

Essential

2 lb dry beans (great northern or mix)
2–3 large onions, diced
3–4 carrots, diced
3–4 celery stalks, diced
4–8 garlic cloves, minced
3–4 medium potatoes, diced
3–4 Tbsp veg. Better Than Bouillon
2–3 Tbsp olive or avocado oil

Recommended

8–12 oz mushrooms, chopped
1–2 Tbsp gochugaru
3–4 Tbsp MCT oil
2–3 Tbsp liquid aminos
Several bay leaves
Apple cider vinegar

Nice to have

2–3 Tbsp tomato paste
Arugula
Thyme, oregano
Miso paste
Greens (e.g., beet, dandelion)
Smoked paprika

Prep Rinse beans and remove any junk (e.g., rocks). Rinse and cut other ingredients as desired.

Sauté aromatics Set Instant Pot to sauté. Add oil. Sweat onions, garlic, and half of the carrots and celery for 5–10 minutes (do not brown). *Optional:* Add mushrooms and cook 2–3 minutes more. Stir in tomato paste and toast for 2 minutes.

Build base Add beans, gochugaru, bouillon. *Optional:* add herbs and smoked paprika for smoky depth (but finish with additional acid). Add enough water to reach the 6 quart mark. Add liquid aminos. Stir to combine. Count and lay bay leaves on top.

Pressure cook Cook on high pressure for 35–40 minutes. Allow natural release at least 20 minutes, then quick release any remaining pressure.

Cook remaining veggies Stir. Add potatoes and remaining carrot and celery. Set to sauté or slow cook for 15–20 minutes, until potatoes are just tender. Season to taste.

Finish Stir in MCT oil. Mash some beans or potatoes against the side if the soup is too brothy. Add salt as needed.

Serve Add black pepper and vinegar. *Optional:* Add arugula.

Substitutions Arugula: kale or chard. Vinegar: lemon juice. Liquid aminos: soy sauce. Gochugaru: 2–3 banana peppers, chopped.