

# Bean soup, light

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

## Ingredients

### 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

## Steps

**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.

## Notes

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