
**CREAMY GREEN BEAN AND HAM
SOUP**

4 cup green beans cut into 1-inch pieces
3 cup potatoes, peeled and cubed
2 cup cubed cooked ham
1 cup chopped onion (1 large)
4 cup water
1 tbsp. cooking oil
¼ cup all-purpose flour
1 tbsp. dill, crushed
¼ tsp. salt
¼ tsp. black pepper
1 cup milk, half-and-half, or light cream
In a 4 or 6-quart pressure cooker combine green beans, potatoes, ham onion, water, and oil. Lock the lid in place and bring to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 3 minutes. Use the quick or cold water release method to reduce the pressure and remove the lid. Stir together flour, dill, salt, black pepper, and milk, half-and-half, or light cream till smooth. Add to cooker. Cook over medium heat till thickened and bubbly. Cook and stir for 1 minute more.

**CREAM OF POTATO AND CHEESE
SOUP**

2 tablespoons olive oil
1 clove garlic, minced
4 ribs celery, thinly sliced
3 green onions, thinly sliced
10 oz. pearl onions, peeled
6 lbs. potatoes, halved, cut in ¼ inch slices
6 cups beef, chicken, or vegetable stock
½ cup finely minced fresh parsley
½ cup milk
1 cup grated Cheddar cheese
½ teaspoon salt
¼ teaspoon freshly round pepper
Heat the oil in the cooker, and sauté the garlic, celery, and green onions for 1-2

minutes. Stir in the pearl onions and potatoes; add the stock and half of the parsley. Lock the lid in place and bring to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 3 minutes. Use the quick or cold water release method to reduce the pressure and remove the lid. Add remaining parsley and milk. Over low heat, gradually stir in the cheese, simmering until the cheese is melted and the soup is hot. Add salt and pepper to taste.

**CREAM OF BROCCOLI AND CORN
CHOWDER**

2 tablespoons butter or oil
2 leeks, white part only thin sliced
1 medium onion -- coarsely chopped
2 large potatoes, peeled, cubed
2 stalks broccoli, peeled and chopped
1 cup fresh or frozen corn kernels
5 cups vegetable stock
½ teaspoon salt -- or to taste
¼ cup finely chopped parsley -- divided
½ cup milk, or half-and-half
Melt the butter in the cooker. Sauté the leeks and onions, stirring frequently, until the onion is lightly browned, about 4 minutes. Stir in the potatoes, broccoli, corn, stock, salt, and half the parsley. Lock the lid in place and bring to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 4 minutes. Use the quick or cold water release method to reduce the pressure and remove the lid. Stir in the remaining parsley and milk. Adjust seasonings before serving

CREAM OF POTATO AND CARROT SOUP

3 tablespoons cooking oil
1 large onion, chopped
4 large potatoes, sliced thinly
6 large carrots, sliced thinly
2 32oz. cans of chicken or vegetable broth
2 tsp. cumin
Salt and pepper, to taste
1 cup milk or half & half
Garnish: Sour cream and chives
Sauté onion until tender but do not brown. .
Add potatoes, carrots, broth and cumin.
Lock the lid in place and bring to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 6 minutes. Use the quick or cold water release method to reduce the pressure and remove the lid. Simmer gently without a lid and add half & half, adjust seasonings and heat through. Top individual serving bowls with a dollop of sour cream and a sprinkling of chopped chives.

CREAM OF CELERY SOUP

6 cups celery cut into 1 inch lengths
½ cup minced onion
2 cups vegetable or chicken stock
4 tablespoon butter
1 tbs. flour
Salt and pepper to taste
Garnish: Roquefort cheese and fresh parsley or cilantro
Place celery in cooker and pour in the stock. Lock the lid in place and bring to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 4 minutes. Use the quick or cold water release method to reduce the pressure and remove the lid. Puree or liquidize ½ the soup, include liquid and celery. Melt the butter in a separate pan. Stir in the flour and cook over a low heat for about 2 minutes.

Do not allow mixture to brown. Gradually blend in a cup of the pureed soup, stirring as it thickens. Return all the remaining pureed soup back to the cooker and bring to a gentle simmer without the lid. Slowly stir in the flour mixture, simmering as it thickens. Adjust seasonings, and cook for 5 minutes, stirring often. Pour into soup bowls and sprinkle with chopped parsley and the grated or crumbled Roquefort cheese and leave to melt slowly.

CREAM OF GREEN VEGETABLE SOUP

Assorted Green vegetables:

broccoli, spinach, celery, cabbage,
green beans, greens, etc.,)

1 large onion, chopped
2 large potatoes, peeled, chopped
2 cups vegetable or chicken broth
1 cup buttermilk
1 cup sour cream

Garnish: Lemon slices

Clean and roughly chop all vegetables. Place in the pressure cooker, add stock and enough water to cover the vegetables. Lock the lid in place and bring to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 4 minutes. Use the quick or cold water release method to reduce the pressure and remove the lid. In small batches, puree the cooker vegetables in a food processor or blender and return to heat, simmering gently without the lid. Add buttermilk and sour cream, stirring to blend. Adjust seasonings. Garnish with a thin slice of lemon.

Cooks Note: For a thicker soup mix 1 tablespoon cornstarch in 1/3 cup cold water, blend well and slowly stir into the simmering soup, stirring as it thickens but do not allow to boil.

CREAM OF TOMATO SOUP

1 small clove garlic, minced
3 medium leeks, white part only, thin sliced
1 tablespoon butter
3 lb. ripe tomatoes
2-3 tablespoon light brown sugar
1 cup whipping cream,
Small pinch ground allspice
Salt & freshly ground black pepper to taste
Melt the butter in the cooker. Add the leeks and garlic and sauté until the leeks are wilted. Core the tomatoes and chop coarsely. Add 2 tablespoon brown sugar and enough water to cover. Lock the lid in place and bring to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 5 minutes. Use the natural release method to reduce the pressure and remove the lid. Strain the solids from the liquid, reserving both. Puree the solids in a blender, then pass through a fine strainer to remove the tomato skin and seeds. Reserve 1 cup of the cooking liquid and stir the strained puree back into the remaining cooking liquid. Add the cream, allspice, adjust seasonings to taste, add the remaining 1 tablespoon brown sugar if the soup is too acidic. Add the additional cooking liquid if the soup is too thick. The soup can be served hot or chilled.

CREAM OF POTATO SOUP WITH PEARL ONIONS AND CHEDDAR CHEESE

2 tablespoons butter or oil
1 clove garlic, finely minced
4 stalks celery, thinly sliced
3 scallions, thinly sliced
10 ounces pearl onions, peeled
6 potatoes, peeled and cubed
6 cups beef, chicken, or vegetable stock
½ cup finely minced fresh parsley --
½ cup heavy cream

1 cup grated sharp Cheddar cheese
salt and white pepper -- to taste
Heat the butter in the cooker. Sauté garlic, celery, and scallions. stir in the onions and potatoes. Add the stock and ¼ cup parsley. Lock the lid in place and over high heat bring to high pressure. Adjust heat to maintain high pressure, and cook for 5 minutes. Let the pressure drop naturally and remove the lid. Add the remaining parsley and cream. Over low heat, gradually stir in the grated cheese, simmering until the cheese is melted and the soup is hot. Add salt and pepper to taste before serving. serves 6

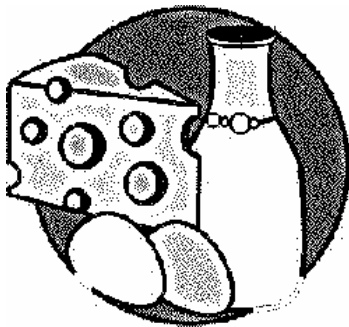
CREAM OF SWEET POTATO SOUP

3 large sweet potatoes, peeled and sliced
2 cups chicken broth
1 teaspoon sugar
1/8 teaspoon ground cloves
1/8 teaspoon nutmeg
Salt and pepper to taste
1 ½ cups Light cream, half-and-half, or milk
Put sweet potatoes and broth in pressure cooker. Lock the lid in place and bring to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 8 minutes. Remove the cooker from heat and use the quick or cold water release method to drop the pressure and open the lid. Use a blender or food processor to puree potatoes and liquid until smooth. Put back in cooker with remaining ingredients. Return to heat and simmer without the lid until heated through. Serve hot with a dollop of sour cream if desired. Makes about 1 quart.

CREAMY SQUASH AND POTATO SOUP (LOW FAT)

- 1 medium onion, peeled and chopped
- 2 ribs celery, sliced
- 2 leeks, white portion only, sliced
- 5 large garlic cloves, peeled and minced
- 1 tablespoon brown sugar, firmly packed
- 2 tablespoons fresh thyme leaves, minced
- 1 tablespoon fresh sage leaves, minced
- 1 bay leaf
- 1 (2 pounds) banana squash, peeled, cubed
- 4 lb thin-skinned white potatoes, cubed
- 4 cups nonfat vegetable or chicken stock
- ½ teaspoon freshly grated nutmeg
- Salt and pepper to taste
- 2/3 cup nonfat buttermilk
- Garnish: Fresh minced chives, cilantro or parsley

Spray a 5-quart or larger pressure cooker with nonstick cooking spray. Heat over medium high heat. Add onion, celery, leeks and garlic. Stir to mix. Add brown sugar, thyme and sage. Stir to mix. Add bay leaf, banana squash, potatoes and stock. Lock the lid in place and bring to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 12 minutes. Use the natural release method to reduce the pressure and remove the lid. Discard bay leaf and add nutmeg, salt and pepper. Puree mixture in a food processor or blender. Return pureed soup to the cooker and add buttermilk. Mix well and heat without boiling. Serve in bowls and sprinkle with chives, cilantro or parsley.



CURRIED WINTER SQUASH SOUP

- 2 small butternut or acorn squash, halved and seeded
- 1 medium onion, peeled and chopped
- 3 ribs celery, chopped
- 3 small carrots, peeled and chopped
- 1 tablespoon curry paste
- ½ ground cinnamon
- Salt and pepper to taste
- 2 cups chicken stock
- 2 Granny Smith or tart apples, sliced
- 2 tablespoon butter
- 1 carton plain yogurt

Place the rack in the cooker, add the squash and 1 cup water. Lock the lid in place and bring to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 10 minutes. Use the natural release method to reduce the pressure and remove the lid. .

When squash is cool, scoop it from its skin with a spoon. Sauté the onion, celery and carrots in a small amount of oil in the pressure cooker, until soft but not brown. Add the curry paste, squash and stock and bring to a boil, stirring occasionally. Lock the lid in place and bring to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 8 minutes. Use the quick or cold water release method to reduce the pressure and remove the lid. Puree the soup in the pressure cooker using a hand blender. Add additional stock if a thinner consistency is desired. Sauté the apple slices in butter for one minute (just to heat through). Top individual soup portions with a tablespoon of yogurt and a few apple slices.

**RICH N CREAMY POTATO
CHEDDAR SOUP**

6 large potatoes, peeled, diced
1 large onion, chopped
4 carrots, peeled, diced
6 sticks of celery, chopped
2 tablespoon butter
2 cups chicken stock
1 cups milk or heavy cream
2 cups cheddar cheese, grated
Salt and pepper to taste
Garnish: fresh chopped chives or cilantro
Sauté onion and celery in butter. Add potatoes, carrots, and chicken stock. Lock the lid in place and bring to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 5 minutes. Use the natural release method to reduce the pressure and remove the lid. Puree the vegetables in a blender or food processor until smooth. Return to the cooker and simmer gently without a lid. Add the milk or cream and grated cheese, and stir until the cheese has melted and the soup is heated through. Do not boil. Adjust seasonings. Serve and garnish with a sprinkle of chives or cilantro. Serves:4-6

CREAMY BUTTERNUT SOUP

1 tablespoon olive oil
1 48 ounce can chicken broth
3 lb. Butternut squash, peeled, seeded, and cut into 1" chunks
2 large onions, peeled & cut into large pieces
3 large red delicious apples, peeled & cut into 1" pieces
3/4 cup long-grain white rice
1 1/2 teaspoon ground cumin
2 teaspoon ground ginger
1 pint half & half
Salt and pepper to taste

Sauté onions in olive oil until they begin to soften, but not brown. Add remaining ingredients, except half & half and salt Lock the lid in place and bring to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 10 minutes. Use the natural release method to reduce the pressure and remove the lid. Puree solid ingredients in a blender or food processor until very smooth and return to cooker. Simmer gently without a lid and add half & half, adjust seasonings and heat through.

**CREAM OF BROCCOLI AND POTATO
SOUP**

1 bunch broccoli (about 1 pound)
2 medium potatoes
1 cup chopped onions (1 medium onion)
2 teaspoon Herbes De Provence
1/2 teaspoon tarragon
1 cup heavy cream
1 cup plain yoghurt
1 tablespoon Dijon-style mustard
Dash of cayenne pepper, or to taste
Separate the broccoli florets and chop the stems and leaves. Wash the potatoes, but don't peel the potatoes, cut into 1 inch cubes. Place the potatoes, broccoli, onion, herbes de Provence, tarragon in a pressure cooker and cover with water. Lock the lid in place and bring to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 4 minutes. Use the natural release method to reduce the pressure and remove the lid. Simmer without a lid and thicken the soup with 1 tablespoon cornstarch mixed in 1/3 cup cold water and stir into the simmering soup. Add milk and yoghurt, simmering and stirring as is thickens. Adjust seasonings.

CREAMED SPINACH SOUP

4 cups potato stock (recipe follows)
3 bunches spinach, well cleaned and coarsely chopped
1 large onion, chopped
½ cup heavy cream
1 cup milk
½ cup plain yoghurt
1 tablespoon butter
Salt and pepper to taste

To make the stock, cut 2 onions & 2 potatoes into large cubes. Add to pressure cooker and cover with water by 2 inches above the solid ingredients. Lock the lid in place and bring to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 12 minutes. Use the natural release method to reduce the pressure and remove the lid. Strain the water for use as potato stock and reserve the solid potatoes. Heat butter, add the chopped onion and sauté till they turn soft. Add the chopped spinach and potato stock to the cooker. Lock the lid in place and bring to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 4 minutes. Use the quick or cold water release method to reduce the pressure and remove the lid. Strain spinach from the stock and puree until smooth, return to the cooker and simmer gently. Puree the reserved potatoes with 1 cup milk and add to the simmering cooker. Stir in the heavy cream and the yoghurt. To thicken the soup mix 1 tablespoon cornstarch in 1/3 cup cold water and stir into the simmering soup. Continue to simmer, stirring as it thickens. Serve hot.

CREAMY CHICKEN CHOWDER

¼ lb bacon, cut into 1 inch pieces
¼ cup olive oil
1 large onion, diced
3 large garlic cloves, chopped
2 whole chicken breasts, with bone
1 16oz. can crushed tomatoes
¼ cup jalapeno salsa
1 green bell pepper, coarsely chopped
2 cups chicken broth
1 tsp salt
½ tsp crushed red pepper flakes
1/8 tsp hot pepper sauce
2 10-oz. packages frozen kernel corn or 1 lb. fresh corn kernels
½ cup chopped cilantro
1 tbsp sherry
3 tbsp all-purpose flour
3 tbsp butter, softened
1 cup half-n-half or heavy cream
Garnish with choice of shredded cheese, sour cream, and fresh cilantro
Fry bacon until crisp, remove and add onion, garlic and chicken; sauté 3 minutes. Stir in tomatoes, salsa, bell pepper, broth, salt, red pepper flakes, and hot pepper sauce. Lock the lid in place and bring to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 6 minutes. Use the quick or cold water release method to reduce the pressure and remove the lid. Lift chicken out and remove meat from bones, cut into bite size pieces and return chicken, corn, cilantro and sherry to pressure cooker. For a thicker soup mix 1 tablespoon cornstarch in 1/3 cup cold water, blend well and slowly stir into the simmering soup, stirring as it thickens but do not allow to boil. Gradually stir in half-n-half or cream and heat thoroughly. Serve hot and garnish with choice of shredded cheese, sour cream, and fresh cilantro

NEW ENGLAND CLAM CHOWDER

4 cans (10 1/2 oz. each) minced clams
1/2 lb. bacon
1 cup chopped onion
1 cup chopped celery
3 cups potatoes, peeled, diced
Salt and pepper to taste
2 cups half and half
2 cups milk
Garnish: sprinkling of paprika and crumbled bacon

Drain clams and reserve liquid. Measure clam liquid; add enough water to make 4 cups liquid and set aside. In the pressure cooker, fry bacon until crisp. Remove bacon and set aside to drain on paper towels. Sauté onion in remaining bacon fat until tender. Drain off all but 1/4 cup bacon fat and add potatoes, salt, pepper and reserved clam liquid and water to the cooker. Bring to a boil, stirring often. Crumble the bacon and add all but 1/3 cup to the cooker. Lock the lid in place and bring to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 8 minutes. Use the quick or cold water release method to reduce the pressure and remove the lid. Add half and half, milk, and clams. Simmer gently, but do not boil) until heated through. Garnish with crumbled bacon. Serve immediately.



FENNEL, POTATOES AND SCALLOP CHOWDER

2 small fennel bulbs, about 1 1/4 pounds
1 med onion, chopped
4 med red potatoes
1 stalk celery, chopped
1 tablespoon garlic, minced
3 tablespoons butter
1 pound fresh or frozen scallops, washed and drained well
1 cup fish stock or bottled clam juice
1 can whole kernel corn, drained
1/4 cup dry white wine or sherry
Salt and Pepper to taste
Nutmeg ground
Hot Pepper sauce (opt)
1 cup heavy cream or yoghurt

Trim the long stalks from the fennel down to the bulb. Peel the outside of the bulb, remove the core, and cut the bulb into thin slices. Cut the onion and potato into thin slices too. Remove the strings from the celery and cut into thin slices. Melt the butter in the cooker and sauté onion, fennel, celery and garlic until soft. Add the scallops and sauté lightly. Add potatoes, fish stock or clam juice, water and wine to the pressure cooker. Add salt, pepper and nutmeg to taste. Lock the lid in place and bring to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 8 minutes. Use the quick or cold water release method to reduce the pressure and remove the lid. Add the canned corn. To thicken the soup mix 1 tablespoon cornstarch in 1/3 cup cold water and stir into the soup. Stir in the cream and simmer gently without the lid as it thickens. Serve with a garnish of nutmeg sprinkled lightly on top.

CREAM OF VEGETABLE SOUP

1 pound fresh broccoli
1 pound fresh cauliflower
4 potatoes, peeled and chopped
4 carrots, peeled and sliced
2 cups celery, chopped
1 onion, chopped
¼ lb fresh button mushroom, sliced
1 tablespoon garlic, minced
2 tablespoon butter
2 cups heavy cream, or half and half
2 cups chicken or vegetable broth
sour cream or non fat yogurt
2 teaspoon thyme
salt and white pepper to taste
Garnish: sour cream and chopped chives
Clean cauliflower and separate into medium sized flowerets. Clean broccoli, separate flowerets and chop of stems and leaves. Heat butter in cooker and sauté onions, mushrooms garlic and celery until tender. Add all ingredients except cream to the cooker and cover with water. Lock the lid in place and bring to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 8 minutes. Use the quick or cold water release method to reduce the pressure and remove the lid. Puree 2 cups of the solid veggies in blender or food processor. Return puree to the cooker, and adjust seasoning. Bring to low simmer without the lid. To thicken the soup mix 1 tablespoon cornstarch in 1/3 cup cold water and stir into the simmering soup. Add the cream and continue to simmer, stirring as is thickens. Serve hot with a dollop of sour cream and a sprinkle of chives.

GREEK STYLE TOMATO SOUP

2 tablespoon olive oil
1 large onion, chopped
1 teaspoon minced garlic
1 leek carefully cleaned and chopped
28 oz stewed tomatoes with juice, chopped
1 small can tomato paste
1 small hot jalapeño pepper, seeded and minced fine
1 tablespoon dried basil leaves
½ cup chopped parsley or cilantro
2 teaspoons finely chopped fresh mint
1 ½ cups plain yogurt or sour cream
Salt and pepper to taste
Heat the olive oil in open pressure cooker over medium heat. Sauté onion, garlic, and leek until onion softens. Add stewed tomatoes with juice, tomato paste, jalapeño, parsley/cilantro, mint, and enough water to cover. Lock the lid in place and bring to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 5 minutes. Use the quick or cold water release method to reduce the pressure and remove the lid. To thicken the soup mix 1 tablespoon cornstarch in 1/3 cup cold water and stir into the simmering soup. Mix in yogurt or sour cream and serve. Continue to simmer, stirring as is thickens. Serve hot.



CREAMY CORN CHOWDER

4 cups frozen whole kernel corn
1 can cream style corn
8 slices of bacon
2 tablespoons butter
1 medium onion, diced
½ large red bell pepper, diced
½ ground thyme
½ teaspoon ground cumin
1/8 teaspoon ground turmeric
4 potatoes, peeled and cut into ½-inch dice
3 cups chicken broth
Salt and pepper to taste
1 cup heavy cream
Garnish: chopped chives
2 tablespoons minced chives or green onions
Sauté bacon until crisp and set aside to drain on paper towel. Pour off all but 1 tablespoon of the bacon fat, and add the butter, onion, bell pepper, thyme, cumin, and turmeric and sauté, stirring occasionally until the onion and pepper are tender but not browned. Add cream style corn, potatoes, broth. Lock the lid in place and bring to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 6 minutes. Use the quick or cold water release method to reduce the pressure and remove the lid. Adjust seasonings. To thicken the soup mix 1 tablespoon cornstarch in 1/3 cup cold water and stir into the simmering soup. Stir in the cream, continue to simmer, stirring as it thickens. Serve hot, ladle into large soup mugs or bowls and sprinkle with the chopped chives.

CREAM FLORENTINE SOUP

2 bunches. fresh spinach, washed and chopped
1 onion, chopped
4 potatoes, peeled and cubed
1 medium onion
1 cup heavy cream
½ stick butter
3 chicken bouillon cubes
salt and white pepper
2 cups shredded Swiss cheese
croutons
Sauté onion in butter, add potatoes, spinach, salt, pepper and bouillon cubes. Cover with water. Lock the lid in place and bring to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 6 minutes. Use the natural release method to reduce the pressure and remove the lid. Puree soup with hand blender. Add cream and cheese simmer until heated through. Serve hot with croutons on top.

