

Instant Pot Red Kidney Beans Soup [V]

Yield: 8 min
Total Time: 115 min

Recipe from: <https://www.recipeschoose.com/recipes/red-beans-pakistani-recipe>

Ingredients:

- 3 cups red kidney beans
- 1 yellow onion
- 3 garlic cloves
- 3 carrots
- 1 green bell pepper
- 1 red bell pepper
- 2 tablespoons tomato paste
- 4 tablespoons olive oil
- 1 teaspoon salt add to taste
- 6 cups hot water
- 1 bunch fresh parsley, chopped leave about 1 tbsp or so for decorating at the end

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 11 grams
3. Fat: 8 grams
4. Fiber: 2 grams
5. Protein: 5 grams
6. SaturatedFat: 1 grams
7. Sodium: 360 milligrams
8. Sugar: 3 grams

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