

FIXATE RECIPES

INSTA POT SOPA DE RES

Serves: 4

GF

Total Time: 45 min.


Prep Time: 20 min.

Cooking Time: 25 min.

2 lbs. / 905 g	beef short ribs, bone-in (approx. 4)	1 cup / 180 g	chopped tomatoes
1	medium onion, halved	1	bunch fresh cilantro (coriander leaves)
2	medium carrots, cut into thirds	1	ear of corn, quartered
2	medium celery stalks, cut into thirds	1 cup / 205 g	cassava, peeled, quartered
1	medium jalapeño	1	chayote, seeded, cut into eighths
3 cloves	garlic, lightly smashed	½	medium head of green cabbage, cut into quarters
2	bay leaves	1	medium zucchini, cut into eighths
1¾ tsp.	sea salt (or Himalayan salt)	1	medium lime, quartered
1 tsp.	ground black pepper		

1. Add short ribs, onion, carrots, celery, jalapeño, garlic, bay leaves, salt, and pepper to an instant pot. Add 6 cups water; seal. Set to "Pressure Cook High" for 20 minutes.
2. When cycle completes, carefully release pressure valve. Remove lid; use tongs to discard onion, carrots, celery, jalapeño, and bay leaves, leaving only short ribs, garlic, and broth in pot.
3. Add tomatoes, cilantro, corn, cassava, chayote, cabbage, and zucchini to pot; seal. Set to "Pressure Cook High" for an additional 5 minutes.
4. When cycle completes, carefully release pressure valve. Remove lid; use tongs to discard cilantro. Among 4 bowls, place 1 rib, 1 piece corn, 1 piece cassava, 2 pieces chayote, 1 piece cabbage, 2 pieces zucchini, and 1¼ cups broth in each; garnish each with 1 lime wedge to squeeze over soup.

RECIPE NOTE:


The teaspoon  is coming from the short ribs which are a little higher in fat than the average Red Container List food.

Nutritional Information (per serving):

Calories:	330	Cholesterol:	55 mg	Fiber:	7 g
Total Fat:	10.5 g	Sodium:	1,132 mg	Sugars:	9 g
Saturated Fat:	4 g	Carbohydrates:	39 g	Protein:	22.5 g

Container Equivalents (per serving)

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Recipes containing the  icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.