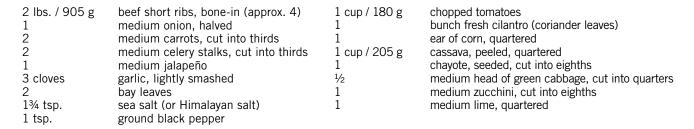


INSTA POT SOPA DE RES

Serves: 4

Total Time: 45 min.

Cooking Time: 25 min. Prep Time: 20 min.



- 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.
- 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 1½ 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)









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.