

INSTANT POT VEGAN MUSHROOM STEW

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Makes about 4 servings

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A hearty and comforting vegan stew featuring mushrooms and cannelloni beans, made quick and easy in a pressure cooker or Instant Pot.

INGREDIENTS

- 1 T olive oil
- 1/2 white onion, diced
- 1 t sea salt
- 4 cloves garlic, mined
- 11 oz mushrooms (baby Bella or Shiitakes would be best)
- 1 white sweet potato, diced
- 2 T parsley, chopped
- 2 cups cannellini beans, cooked
- 1 bay leaf
- 3 cups vegetable broth (plus or minus)

DIRECTIONS

1. Turn the Instant Pot on to the sauté mode and add 1 tablespoon olive oil. Add the onions and cook for 2-3 minutes.
2. Add the salt and garlic and cook for another 1 minute, then turn the Instant Pot off.
3. Add all of the other ingredients except for the broth. Add some freshly ground black pepper. Stir all to combine
4. Pour in the broth until everything is just covered, but do not go over the max line. You may need a little more or less than 3 cups of broth. Add the bay leaf.
5. Cover and set pressure to high for 20 minutes.
6. When the pressure cycle is complete, manually vent the pot (carefully!).
7. Serve with additional fresh parsley on top.

NOTE: make sure you don't over fill the Instant Pot beyond the maximum line inside the pot