



Instant Pot Roasted Red Pepper Tomato Bisque



1/8 of recipe (about 1 cup): 66 calories, 1.5g total fat (<0.5g sat. fat), 584mg sodium, 10.5g carbs, 2.5g fiber, 5.5g sugars, 2g protein

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Prep: 10 minutes **Cook:** 40 minutes



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Ingredients

4 cups cauliflower florets
3 cups vegetable broth
One 28-oz. can diced tomatoes (not drained)
1 cup chopped roasted red bell pepper (previously packed in water)
1 tbsp. chopped garlic
1 tbsp. olive oil
1 tbsp. tomato paste
1/2 tsp. Italian seasoning
1/2 tsp. onion powder
1/4 tsp. salt
1/4 tsp. black pepper
Optional topping: chopped fresh basil

Directions

Add all ingredients to an Instant Pot. Gently stir to mix.

Seal with lid. Press Manual/Pressure Cook, and set for 8 minutes. (The Instant Pot will preheat for about 20 minutes.)

Let cool down naturally for 10 minutes in Keep Warm mode. (Instant Pot automatically goes into this mode after cook time ends.)

Press Cancel. Vent to release any remaining steam.

Once cool, transfer soup to a blender, and blend until smooth and uniform, working in batches as needed.

MAKES 8 SERVINGS

HG Tips: If you have an immersion blender, use it to blend the soup right in the Instant Pot! Want to give your soup a smoky flavor? Add a little smoked paprika. Or if you prefer things a little spicier, mix in some crushed red pepper flakes.

We love how easy this is to make—[click to see!](#)

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