

Garbanzo Bean Soup

Posted on Mar 19, 2010 ~ Revised January 2022



Start with 3 cups of garbanzo beans and plenty of water in your pressure pot. Process about 30 minutes until soft, but not mushy.

Add to the pot and continue cooking:

- 1/3 C vegetable stew blend
- 1 chopped onion
- 1/4 C beef broth
- 1 can of diced or stewed tomatoes
- 3 or 4 cloves of garlic
- 1 pound of browned stew meat or burger

Let simmer several hours. Wonderful on a chilly day. If you have too many beans, freeze some for later use or to make humus or a bean spread

To make the Stew: Add some diced potatoes, carrots, celery, or whatever other vegetable you prefer!