



4servings

Prep Time: 10 mins

Cook Time : 30 mins*

Fire Roasted Tomato Vegetable Soup

Ingredients

- 2 tablespoons olive oil
- 2 cups chopped zucchini
- 1-1/2 cups chopped carrots
- 1 cup chopped sweet onion
- 1-1/2 teaspoons smoked paprika
- 1 cup frozen whole kernel corn
- 2 cups of Fire Roasted Diced Tomatoes, undrained
- 4 cups of water
- 10 oz can of tomato paste
- salt and pepper to taste
- dash of red pepper flakes optional
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Directions

1. Prepare Fire Roasted Tomatoes or use store bought canned.
2. Heat up the oil in the Electric Air Fryer to saute onions and garlic
3. Chop the zucchini and shred carrots while saute is going (about 10 minutes)
4. Add remaining vegetable to the saute pot.
5. Gentle pour in the Fire Roasted Tomatoes
6. Stir in 4 cups of water, tomato paste and seasoning
7. Cook on soup setting. Follow manufacturers directions for soup settings on Electric Pressure Cookers. Mine takes about 10 minutes on soup setting.
8. Let the Electric Pressure Cooker release on its own and serve when YOU are ready!

Notes: