Valeria Mallett
Nutrition

Low-Carbohydrate Pressure Cooker Recipes



Created in collaboration with Dietetic Intern, JuliAnna Meshelle

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ValeriaMallett.com
P: 503-847-9952
F: 503-566-6067

valeriamallett_nutrition
Valeria Mallett Nutrition



Serving Size: 1 cup

Calories: 115

Net Carbohydrates: 21g

Protein: 3g

Pressure Cooker Squash Soup

ingredients

4 cups Butternut Squash (peeled, chopped)

3 Garlic (cloves)

1 Carrot (chopped)

1 Yellow Onion (chopped)

1 tbsp Fresh Sage (optional)

1/2 tsp salt

2 cups Organic Vegetable Broth

directions

Add all of the ingredients to the pressure cooker and close the lid. Set to "sealing", then press manual/pressure cooker and cook for 10 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully and let the soup mixture cool slightly. Using a hand blender, puree the soup until smooth. Add additional broth if needed until the desired consistency is reached. Divide between bowls and enjoy!

Add some protein! Try:

1) Serving with a side of meat, like chicken.

2) Adding 2 scoops of collagen powder for 20g of protein.



Serving Size: 1 cup

Calories: 165

Net Carbohydrates: 22g

Protein: 11g

Pressure Cooker Cajun Black Eyed Pea Soup

ingredients

3 cups Organic Vegetable Broth

1 Yellow Onion (chopped)

2 stalks Celery (chopped)

1 Yellow Bell Pepper (chopped)

2 Garlic (cloves, minced)

2 tsp Cajun Seasoning

1 1/2 cups Fire Roasted Diced Tomatoes

3 cups Kale Leaves (roughly chopped)

1 3/4 cups Black Eyed Peas (canned, drained, rinsed)

3 cups Kale Leaves (roughly chopped)

1 tsp Salt

1/3 cup Cilantro (chopped, optional)

directions

Turn your pressure cooker to saute mode and add a splash of the vegetable broth. Add the onion, celery, and bell pepper and cook for 4 to 5 minutes. Then add the garlic and saute for 1 minute more. Turn the saute mode off and add the cajun seasoning. Stir to combine. Add the tomatoes, kale, salt, black eyed peas and broth. Put the lid on and set to "sealing: then press manual/[ressure cooker and cook for 8 minutes on high pressure. Once finished, let the pressure release naturally for 5 minutes, then do a quick release. Carefully remove the lid, and stir to combine. Divide between bowls, top with cilantro, if using, and enjoy!



Serving Size: 1 cup

Calories: 514

Net Carbohydrates: 28g

Protein: 13g

Pressure Cooker Sweet Potato and Peanut Soup

ingredients

1 tsp Avocado Oil

1/2 Yellow Onion (diced)

2 Sweet Potato (medium-sized, peeled and cut into cubes)

2 Garlic (cloves, minced)

2 tsp Smoked Paprika

1/2 tsp Turmeric

1 tsp Chili Flakes (optional)

2 1/2 cups Fire Roasted Diced Tomatoes (canned, with juice)

1/4 cup Sun Dried Tomatoes (drained)

1/2 cup Raw Peanuts

1/2 tsp Salt

1 3/4 cups Organic Coconut Milk (canned)

1 cup Water

1/4 cup Peanut Butter

2 cups Baby Spinach

directions

Turn your pressure cooker to saute mode and add the avocado oil. Add the onion and sweet potato and cook for 4 to 5 minutes. Then add the garlic and saute for 1 minute more. Turn the suate mode off and add the smoked paprika, turmeric and chili flakes, if using. Stir to combine. Add the canned tomatoes, sun dried tomatoes, peanuts, salt, coconut milk and water. Put the lid on and set to "sealing" then press manual/ pressure cooker and cook for 4 minutes on high pressure. Once finished, let the pressure release naturally for 5 minutes, then do a quick release. Carefully remove the lid, and add the peanut butter and spinach and stir to combine. Divide between bowls and enjoy!



Serving Size: 1 1/4cup

Calories: 416

Net Carbohydrates: 9g

Protein: 28g

Pressure Cooker Bean Free Chili

ingredients

1 lb Extra Lean Ground Beef

1 tbsp Avocado Oil

1 Yellow Onion (chopped)

1 Red Bell Pepper (chopped)

1 Zucchini (chopped)

1 cup Frozen Cauliflower

3 Garlic (clove, minced)

2 tbsp Tomato Paste

2 tbsp Chili Powder

1 tbsp Cumin

1/2 tsp Salt

1 Tomato (chopped)

1 cup Organic Chicken Broth

1 Avocado (chopped)

directions

Turn your pressure cooker onto saute mode. Cook the beef, breaking it up as it cooks until it's no longer pink. Remove the meat from the pot and drain any excess drippings. Add oil to the pressure cooker add the onion, pepper, zucchini, cauliflower, and garlic. Saute for 5 minutes or until the onions are translucent. Add the tomato paste, chili powder, cumin and salt. Cook for another minute. Add the tomatoes, broth and cooked meat to the pressure cooker and stir to combine. Put the lid on the pressure cooker and change to pressure cooker mode. Cook for 20 minutes and let the steam release naturally for 5 to 10 minutes. Release the rest of the steam manually. Divide between bowls, top with avocado, and enjoy!



Serving Size: 1 cup

Calories: 192

Net Carbohydrates: 13g

Protein: 3g

Pressure Cooker Carrot Ginger Soup

ingredients

3 cups Organic Vegetable Broth

1 Yellow Onion (chopped)

1 Garlic (clove, minced)

1 tbsp Garlic (fresh, minced)

6 Carrot (chopped)

2 tsp Thyme (fresh, chopped)

1 1/4 cups Organic Coconut Milk (canned, full fat)

directions

Turn the pressure cooker to saute mode. Add a splash of vegetable broth along with the onion and cook for 3 to 4 minutes. Add the garlic and ginger and saute for 1 minute more. Turn the saute mode off and add the carrots, thyme and rest of the broth. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for 5 minutes on high pressure. Once finished, release the pressure manually. Carefully remove the lid, and puree the soup using an immersion blender or a blender. Add the coconut milk and stir to combine. Serve and enjoy!

Add some protein! Try:

1) Serving with a side of meat, like chicken.

2) Adding 2 scoops of collagen powder for 20g of protein.



Serving Size: 1 cup

Calories: 304

Net Carbohydrates: 17g

Protein: 31g

Pressure Cooker Beef and Veggie Stew

ingredients

1 tsp Avocado Oil

1 lb Stewing Beef (diced into cubes)

16 fl ozs Bone Broth

1/2 tsp Salt (divided)

1/2 cup Pureed Pumpkin

1 tbsp Apple Cider Vinegar

2 Garlic (cloves, minced)

2 Parsnip (peeled, chopped)

5 White Button Mushrooms (halved)

1 Yellow Onion (medium, sliced in large chunks)

1 tsp Thyme (dried)

directions

Turn your pressure cooker to saute mode and add the avocado oil. Season the beef with half of the salt.

Add it to the pressure cooker and brown on all sides. Working in batches if necessary. Turn off the saute mode and add all other ingredients, including the remaining salt. Stir to combine. Put the lid on the pressure cooker and change to meat/stew mode. Cook for 35 minutes and then do a quick release. Serve and enjoy!



Serving Size: 1 cup

Calories: 152

Net Carbohydrates: 22g

Protein: 6g

Pressure Cooker Eggplant and Collard Greens Quinoa Soup

ingredients

6 cups Vegetable Broth

2 cups Diced Tomatoes, drained

1 Carrot, chopped

1/2 Eggplant, chopped

2 cups Collard Greens, chopped

1 cup Quinoa, rinsed

1 tsp Dried Thyme

1 tsp Salt

directions

Combine al ingredients in a large pot. Bring to a boil then reduce heat to medium-low and cover with a lid. Let the soup simmer for 35-40 minutes or until the quinoa is tender. Season with salt as needed.

Divide between bowls and enjoy!

Add some protein! Try:

1) Serving with a side of meat, like chicken.

2) Adding 2 scoops of collagen powder for 20g of protein.



Serving Size: 1 cup

Calories: 328

Net Carbohydrates: 5g

Protein: 36g

Pressure Cooker Chicken and Bacon Soup

ingredients

4 slices Bacon, chopped

1 Yellow Onion, chopped

4 stalks Celery, chopped

1 cup Carrots, shredded

1 1/2 tsp Garlic Powder

1 tsp Onion Powder

1 tsp Dried Chives

1 tsp Dried Parsley

4 cups Chicken Broth

1 1/3 lbs Chicken Thighs, boneless, skinless, trimmed

directions

Turn the pressure cooker to sauté mode. Add the bacon and cook for 3-4 minutes. Drain the fat, leaving a small amount. Add the onions, celery, and carrots to the bacon and cook for 3-5 minutes or until the onions start to soften. If the bacon starts sticking to the bottom of the pot, add a splash of the chicken broth. Stir in the garlic powder, onion powder, chives, and parsley. Cook for another minute. Add all of the chicken broth and stir to combine. Add the chicken and close the lid. Set to "sealing", then press manual/pressure cooker and cook for 10 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully and transfer the cooked chicken to a plate or bowl and use two forks to shred it. Transfer the shredded chicken back to the pot and stir to combine. Taste and season soup with salt if needed. Enjoy!



Serving Size: 1 cup

Calories: 182

Net Carbohydrates: 15g

Protein: 4g

Pressure Cooker Creamy Potato and Dill Soup

ingredients

3 cups Vegetable Broth

2 Small Sweet Potatoes, peeled, diced

2 Stalks Celery, diced

1 cup Cauliflower Rice

1/2 tsp Salt

2 tbsp Dill, chopped

1 cup Coconut Milk, canned

1 tbsp Apple Cider Vinegar

1 tbsp Nutritional Yeast

directions

In your pressure cooker, combine vegetable broth, sweet potato, celery, cauliflower rice, and salt. Cook on high for 12 minutes, until the sweet potato is fork tender. Stir in the dill, coconut milk, apple cider vinegar, and nutritional yeast. Adjust salt as needed. Cook for additional 10 minutes. Divide into bowls and enjoy!

Add some protein! Try:

1) Serving with a side of meat, like chicken.

2) Adding 2 scoops of collagen powder for 20g of protein.



Serving Size: 1 cup

Calories: 290

Net Carbohydrates: 23g

Protein: 20g

Pressure Cooker Borscht

ingredients

4 cups Vegetable Broth

2 tsp Olive Oil

11 ozs Pork Ribs

2/3 White Onion, diced

1 Garlic, minced

1 1/2 Carrot peeled, chopped

1 stalk Celery, chopped

3 medium Beets, peeled, chopped

1 Yellow Potato, chopped

1 tbsp Tomato Paste

1 cup Diced Tomatoes

2/3 tsp Salt

1 tbsp Dill, chopped

directions

In your pressure cooker, combine the vegetable broth, olive oil, pork ribs, onion and garlic. Cook on high for 23 minutes, until ribs are cooked through. Once the ribs are cooked, add carrots, celery, beets, potatoes, tomato paste, diced tomatoes, and salt. Heat for an additional 20-25 minutes, stirring often. When all the vegetables are soft, remove the pork ribs from the pot and cut the meat off the ribs. Add the meat back to the soup and stir to combine. Divide the soup into bowls and top with fresh dill.

Enjoy!

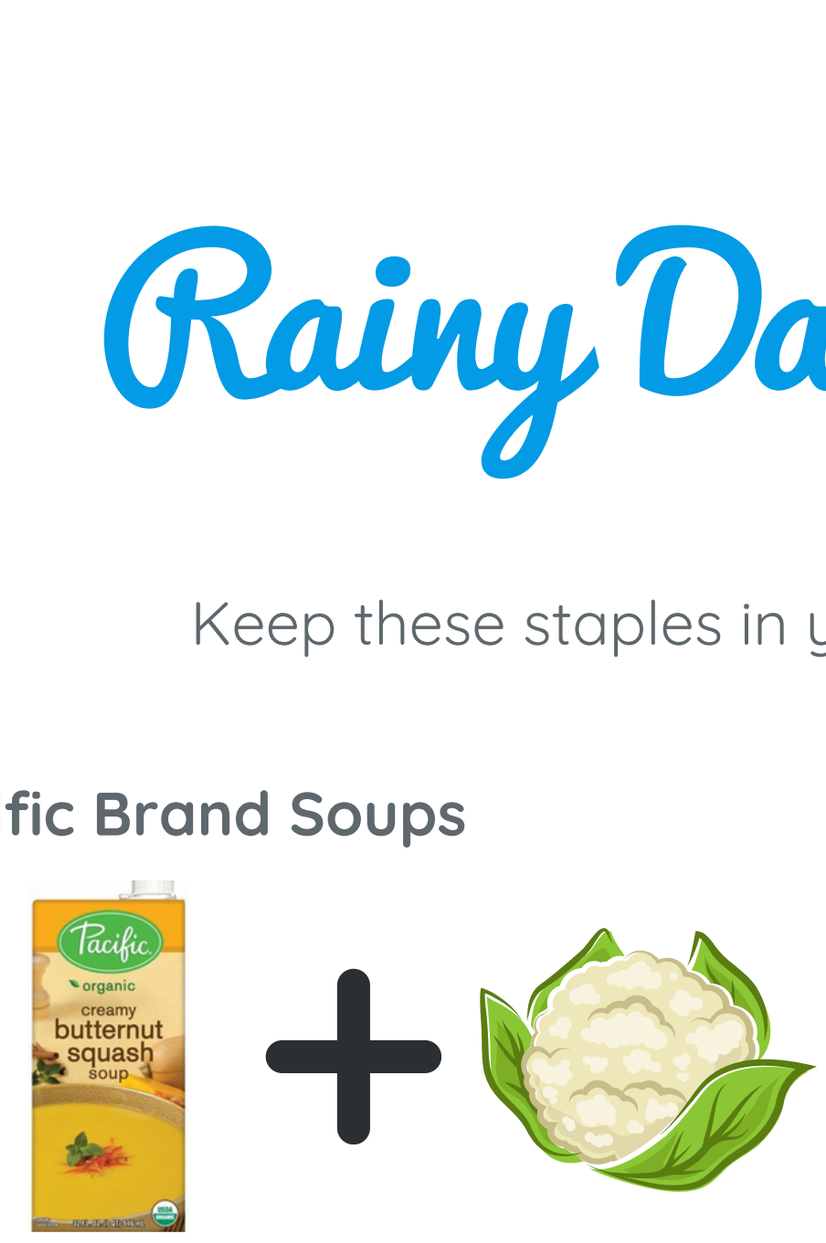
Low Carb Substitution List

If the recipe calls for:	Try using:
Potatoes	Celeriac (celery root), Cauliflower, or Rutabaga
White Flour	Almond Flour
Sugar	Erythritol, Stevia, Monk Fruit, or Sugar Free Syrups
Flour Noodles	Spaghetti Squash, Zoodles, or Miracle Noodles
Rice	Riced Cauliflower, Shredded Cabbage, or Miracle Rice
Crackers	Seeds (Pumpkin, Hempseed), Sliced Almonds

Rainy Day Must Haves

Keep these staples in your pantry for a quick and easy meal!

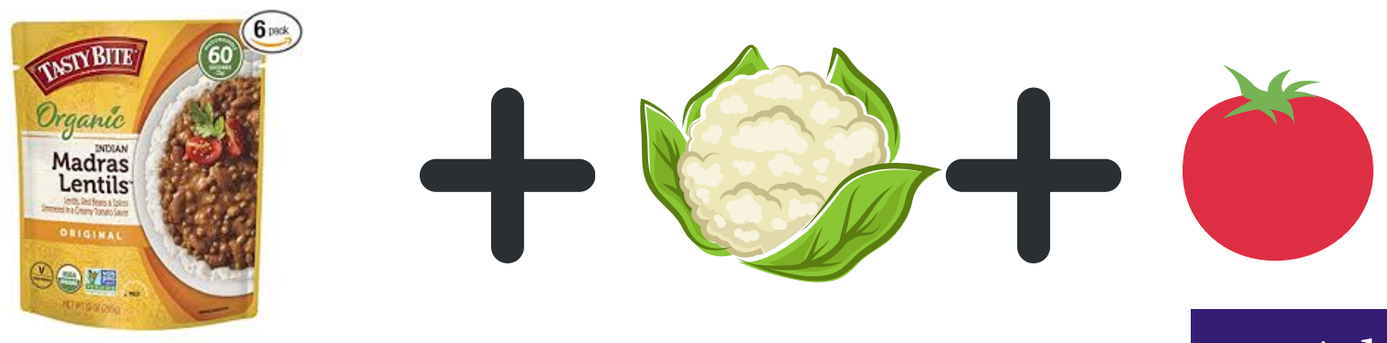
Pacific Brand Soups



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Try mixing in more vegetables to reduce carbohydrates!

Good non-starchy vegetable choices include:

1) Tomato
2) Onion
3) Kale
4) Bell Pepper
5) Summer Squash
6) Cabbage
7) Celery
8) Carrot
9) Cauliflower/Frozen caulifower
rice

When picking canned or packaged products, look for:

1) BPA free

2) less than 30g carbohydrate per serving

3) Protein and fat, to stabilize blood sugar

4) Limited amounts of added sugar (less than 5g)