

Creamy Tomato Fennel Soup

Serves 4

Adapted from Molly Stevens *All About Dinner*

Ingredients:

- 2 tablespoons butter
- 1 tablespoon olive oil
- 1 medium sized fennel bulb (about 1 lb.) save some fronds to garnish the soup
- 3 cloves garlic chopped
- 1 carrot peeled and diced
- 1 cup diced yellow onion
- 1 teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 teaspoon Aleppo pepper flakes
- 2 tablespoons flat leafed parsley chopped
- 1-28oz. can peeled tomatoes
- 2 cups chicken stock, or vegetable stock

Directions:

Cut the fronds off your fennel bulb and save the pretties ones for the garnish. Slice the bulb in half through the root lengthways. Then dice the whole bulb including the core. Place in a bowl with the diced onion and carrot and garlic. Set your instant pot to SAUTE. Add the butter and oil and then all the vegetables, kosher salt, and black pepper. Cook for 6 minutes stirring occasionally until the onion is translucent and softening. Next add the chopped parsley and the Aleppo pepper, stir for a minute until fragrant. Hit CANCEL and add the tomatoes and stock. Secure the lid and seal the pressure valve. Select PRESSURE COOKER and set the timer for 6 minutes. When the timer goes off and the pressure drops, open the lid. If you have an immersion blender, puree the soup until smooth. You can also use a blender or a food processor—if you do let the soup cool slightly first. Taste and adjust the seasoning if necessary.