

## Instant Pot Creamy Tomato Soup with Crispy Parmesan Chickpeas

We're loving this quick and easy Instant Pot Creamy Tomato Soup with Crispy Parmesan Chickpeas! Vegetarian + Gluter

### Ingredients

- onion, diced
- garlic, minced
- olive oil or avocado oil
- carrots, chopped
- tomato sauce
- fire roasted tomatoes, + extra as desired
- tomato paste
- vegetable broth
- dried basil, or to taste
- salt
- oregano
- cream cheese or cream, add to taste
- salt and pepper to taste

### Crispy parmesan chickpeas

- chickpeas
- extra virgin olive oil
- finely grated Parmesan cheese (approx. 1/2 oz)
- garlic powder
- lemon zest
- sea salt
- dried oregano
- black pepper

*Below are the electric pressure cooker instructions.*

1. Switch your pressure cooker to the saute function and sauté onion in 1 TBSP oil for 3-5 minutes, until edges are golden and brown.
2. Next add garlic and sauté for a minute more to bring out the flavor.
3. Add seasoning (salt, oregano, basil, and (optional) sugar) along with carrots, tomatoes, tomato sauce, tomato paste, and vegetable broth.
4. Set to high pressure for 15 minutes and allow to come to pressure, allowing a natural pressure release.
5. Add your cream cheese and puree using a hand held immersion blender until fabulously smooth and bisque-like. Also blend the soup, in two batches, in your blender or food processor.
6. Lastly, give the soup a taste and adjust broth/tomato/seasoning to taste, adding any extra of whatever you prefer for your ideal thickness and flavor.
7. Add all your roasted chickpeas on top (and a sprinkle of parmesan if you're feeling cheesy) and dive in!

for the chickpeas:

1. Pre-heat oven to 400°F
2. Drain the chickpeas in a colander or sieve and rinse well.
3. Pat the chickpeas very dry with a clean dishtowel or paper towels. The drier the chickpeas, the crispier your end result. If you have time, leave them to air-dry for a few minutes, and remove any chickpea skins that come off while drying.
4. Toss the chickpeas with olive oil and salt until all your little chicka-peas are coated, then arrange in an even layer on a baking sheet.
5. Roast on the center rack for 20 to 25 minutes until crispy on the outside and soft in the middle. Stir or shake the chickpeas at the 10 minute mark for even crispiness.
6. While still hot from the oven, toss the chickpeas with the spices and parmesan cheese.