

## Pressure Cooker Hearty Beef Vegetable Soup

By Camine Pappas, October 1996

1 ½ lbs cubed stew meat (beef)  
4 Cloves of Garlic  
1 large russet potato, washed and diced  
½ yellow onion, diced  
4 medium carrots sliced  
2 stalks celery sliced  
8 to 10 medium mushrooms, washed and diced (button mushrooms are fine)  
1 can white beans  
3 cubes of beef bullion  
1 small can tomato paste  
Fresh cracked pepper and coarse salt as needed  
Santa Maria Seasoning ([Click here to visit their website and order](#))  
1 ½ C water

Add meat, salt and pepper and 1 t Santa Maria Seasoning and 1 ½ C water and garlic to pressure cooker and cook on medium for 14 – 16 minutes. Then add all vegetables, beans, and 6 C water and tomato paste. Add about 1 to 2 teaspoons Santa Maria Seasoning. Simmer over low heat until veggies are cooked through, about 45 minutes.