



Zuppa di Cavolo e Riso alla Veneta in pressure cooker Venetian cabbage & rice soup

Serves 4 with leftovers

2 lbs. cabbage
1 large chopped onion
¼ C. olive oil
2 cloves chopped garlic
1 Tbsp. white wine vinegar
Black pepper & salt
4 C. broth (beef, chicken or even vegetable stock)
2/3 C. risotto rice (Arborio or Carnaroli)
Grated Parmiggiano (Parmesan) cheese



1. Turn on sauté function. When inner pan is hot, add olive oil and chopped onion. Keep an eye on the onion and stir it often to make sure it doesn't burn.
2. While onion is cooking, peel hard outer leaves of cabbage, and then shred the leaves, discarding the hard core. This can be done by hand, with a mandolin or in a food processor.
3. When onion reaches a golden color, add chopped garlic and cook for another minute. Add vinegar a pinch of salt, and black pepper. Add shredded cabbage and stir it well to make sure it's coated in the oil and onion mixture. Add 1 cup of broth or stock.
4. Close and lock lid. Cook on high pressure for 5 minutes, then do a quick release. (You can eat the cabbage now as is!). This part can be made 1-2 days ahead, or even frozen. Follow the rest of the steps to make the soup.
5. Add rice and the rest of the broth/stock to the pot. Close and lock lid. Cook on high pressure for 7 minutes, then do a quick release. Add Parmiggiano cheese on top, stir and serve with more grated pepper.

