

Italian Chicken Sausage & White Bean Soup

PREP TIME:

5 minutes

COOKING TIME:

Instant Pot / Multi Cooker
6 minutes
17 minutes total

SERVES:

4-6

INGREDIENTS:

1 tbsp oil

12 oz Italian Chicken / Turkey sausage, cut into 1" rounds (I kept the skin on)

1 ½ cups / 1 medium onion, diced

2 tsp / 4 cloves garlic, minced

Mediterranean blend

2 x 14 oz cans cannellini / northern beans

4 cups chicken broth (you might want to add a cup of water to make it go further)

1 cup escarole / Cavalo Nero, ribbed and shredded

PREPARE:

Pressure Cook Method

heat oil on medium sauté function in the Instant Pot until hot

add the chicken sausage and brown for 2 minutes

Stir in the onion and sauté for a further 2 minutes

Turn off the sauté function stir in the garlic, sprinkle over the Mediterranean blend; stir in the cannellini beans and chicken broth

secure Instant Pot lid and set pressure valve to Sealing

cook on Manual / Pressure Cook for 6 minutes

turn the dial to Venting to Quick Pressure Release

Remove the lid and stir in the escarole/kale and serve

