

INSTANT POT ZUPPA TOSCANA

Ingredients:

- 2 Tbs olive oil
- 1 lb. ground Italian sausage
- 1 cup diced sweet onion
- 5 garlic cloves, minced
- 1 tsp. dried oregano
- 5 medium/large russet potatoes, diced into about 1/4-inch thick pieces
- 6 cups low-sodium chicken broth, divided
- 4 to 6 cups chopped fresh kale, stems removed
- 1 cup heavy cream
- salt and pepper to taste
- 1/4 cup parmesan cheese, shredded, for garnish, optional

Turn the Instant Pot to Sauté mode. When it reads "hot", add olive oil. Add sausage and brown it for about 5 minutes, stirring and chopping up the sausage the whole time. Add the diced onion, garlic, and oregano. Combine and stir occasionally for about 2 minutes. Add 2 cups of the chicken broth to deglaze the pot, scraping the bottom for any sausage pieces that might be stuck to it. Add the potatoes and the remaining 4 cups of chicken broth. Close the lid, cancel Sauté mode and set to Manual (High Pressure) for 5 minutes. After cooking cycle ends, allow a 10 minute Natural Pressure Release. After 10 minutes, manually release the steam (using a towel to cover vent). Once steam is released, open lid and add kale. Stir well. Cover and let cook through and soften for about 3 minutes. Stir in heavy cream and sprinkle in salt, pepper, and parmesan cheese, if desired. Serve and enjoy!

"Vivere una vita bella. (Live a beautiful life.)" - Anonymous