

Zuppa Toscana (Serves 4)

Sue Van Raes

THE GOODS

- 3 strips thick cut bacon, chopped (optional turkey bacon)
- 2 lbs ground Italian sausage (hot or mild depending on preference)
- 1 large yellow onion, chopped
- 1 teaspoon dried oregano
- 5 garlic cloves, minced
- 4-6 medium potatoes, sliced into 1/2 inch cubes
- 6 cups chicken broth
- 1 bunch kale, chopped with ribs removed
- 1 1/2 cups heavy cream

THE METHOD:

Heat Instant Pot in “Sauté” mode. Add chopped bacon and cook, stirring occasionally, until most of the fat is rendered. Remove and set aside. Add sausage and cook until nicely browned. Drain excess fat, all but 2 teaspoons. Stir in chopped onions and oregano. Cook until onions are translucent, then add garlic and stir, cooking until fragrant. Pour in broth and stir, scraping browned bits from bottom of the pot. Add in potatoes and cooked bacon. Check that contents don’t exceed the max fill line inside the pot. Close the lid, set the steam release knob to “Sealing”. Select “Manual” mode and set for 5 minutes at High Pressure. After cycle is complete allow Natural Pressure Release for 10 minutes, then Quick Release remaining steam. Open lid, add in chopped kale and stir. Cover and let sit for 5 minutes until kale softens. Stir in heavy cream. Serve!

