

Zuppa Toscana in Pressure Cooker

(10 servings)



Ingredients:

- 3 strips of thick cut Smoky Bacon, chopped
- 2 lbs ground Hot Italian Sausage (use ½ hot & ½ mild if you don't like much spice)
- 1 large Onion, chopped
- 1 tsp Oregano, dried
- 5 cloves of Garlic, pressed or minced
- 4-6 medium Potatoes, halved and sliced ¼" thick
- 8 cups Chicken Broth, low sodium
- 1 bunch of Kale* chopped, with ribs removed
- 1½ cups Heavy Cream

Directions:

Turn the Instant Pot to Sauté mode, and add the chopped bacon.
Cook, stirring occasionally, until the bacon renders out most of its fat.
Remove and set aside.
Add the sausage and brown it, stirring a few times.
If you can get a good browning on it the flavor will be even better!
Spoon out all but 2 tsp of the fat (enough to cook the onions).
Add the onions, stir them in.
Add the oregano.
When the onions start to look translucent, add the garlic and stir.
Pour in the broth, stirring, and make sure you deglaze the pot by scraping the brown bits off the bottom.
Add the potatoes, and add the bacon back in.
Check to make sure the contents don't go over the Max Fill line marked on the inner liner.
Cancel Sauté mode.
Close the lid, set the steam release knob to sealing.
Set to manual (or Pressure Cook), and choose 5 minutes* (High Pressure).
The pot will take several minutes to come to pressure.
After cooking cycle ends, allow a 10 minute NPR (Natural Pressure Release).
Do a controlled Quick Release for the rest of the steam, and when the pin in the lid drops, open the lid.
Add in the kale, and stir well.
Cover and let heat through for 5 minutes or so to soften the kale.
Stir in the heavy cream.
(Time ~ 60 min)