



Tuscan Soup

1 lb. sweet turkey sausage, casing removed	½ bunch kale, stems removed, and leaves chopped
1 onion, diced	
4 yellow potatoes, diced	3 cloves garlic, minced
6 cups chicken broth, no salt added	1 Tbsp. Italian seasoning
1-can cannellini beans, rinsed and drained	1 tsp. ground pepper
	1 cup half and half

Directions

1. Wash hands with soap and water. Turn pressure cooker to sauté. Add sausage. If sausage sticks, add a teaspoon of olive oil. Stir frequently and cook until sausage reaches an internal temperature of 165°F on a food thermometer. Drain fat.
2. Add Italian seasoning and onion. Cook until onions are translucent. 2-3 minutes.
3. Add minced garlic. Turn pressure cooker off.
4. Add potatoes, broth, and pepper. Pressure cook for 5 minutes. When finished cooking, carefully quick release pressure.
5. Remove lid and add kale and half and half. Stir until heated through 1-2 minutes. Enjoy! **Yield:** 8 Servings

Nutrition Facts (per serving): 150 calories, 4 grams fat, 360 milligrams sodium, 35 grams carbohydrate, 3 grams fiber, 14 grams protein

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