



PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

ZUPPA TOSCANA SOUP

1 tablespoon olive oil

1 pound mild Italian sausage, casing removed

3 cloves garlic, minced

1 onion, diced

½ teaspoon dried oregano

3 russet potatoes, chopped

6 cups chicken broth

Kosher salt and freshly ground black pepper, to taste

½ bunch kale, stems removed and leaves chopped

1 cup half and half

1. Set a 6-quart Instant Pot to the high sauté setting. Add olive oil and sausage. Cook, stirring frequently, until sausage is lightly browned, about 3 to 5 minutes, making sure to crumble the sausage as it cooks; drain excess fat.
2. Add garlic, onion and oregano. Cook, stirring frequently, until onions become translucent, about 2 to 3 minutes.
3. Stir in potatoes and chicken broth; season with salt and pepper, to taste.
4. Select manual setting; adjust pressure to high and set time for 5 minutes. When finished cooking, quick release pressure according to manufacturer's directions.
5. Stir in kale until wilted, about 1 to 2 minutes. Stir in half and half until heated through, about 1 minute; season with salt and pepper, to taste.

Makes 6 servings.

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