



Sausage & Lentil Soup for the Instant Pot, adapted from food.com
(Carabba's Sausage & Lentil Soup)

Ingredients:

1 tbs olive oil
1 lb Hot Italian Sausage (in bulk or with casings removed)
1 large onion, chopped
1 stalk celery chopped
2 large carrots, sliced
1 zucchini or summer squash chopped roughly
6 cups chicken broth
2 (14.5oz) cans diced tomatoes
4 garlic cloves
2 tsp salt, 1/2 tsp black pepper, 1/2 tsp red pepper flakes (if desired),
2 tsp dried oregano, 1-2 tsp dried thyme or 1-2 tbs fresh thyme
2 cups dry green lentils
(after cooking- fresh baby spinach & quality Balsamic Vinegar and parmesan cheese)

Place Instant Pot on Saute, allow to warm up, add oil, wait 20 seconds add sausage and brown. Drain off fat. Add onion, garlic, celery, carrot, zucchini or squash, herbs and spices, saute until onion is slightly translucent (about 5 minutes). Add chicken stock & stir pot scraping bottom. Add canned tomatoes (with liquid) and lentils.

Turn Saute feature OFF and put lid on. Manual Pressure on High for 16 minutes. Natural Pressure Release for at least 10-15 minutes. Release any remaining pressure. Stir, scoop into serving bowls and if desired add a handful of baby spinach and a splash of balsamic vinegar. Serve with parmesan cheese, crusty bread and you have a healthy and hearty meal!

Enjoy!