

Sausage Lentil Soup

Ingredients

1/4 c Olive Oil
2 Italian Sausage Links
1 Onion (diced)
2 Celery Stalks (diced)
2 Carrots (diced)
4 clv Garlic (sliced)
0 pn Salt
0 pn Red Pepper Flakes
1 c Brown Lentils
2 Bay Leaves
28 oz Crushed Tomatoes (canned)
6 c Water
0 ds Ground Black Pepper
1/2 Kale Bunch (sliced into ribbons)
1/4 c Parmesan Cheese (grated)

Instructions

1. In the Instant Pot insert, set to sauté function on high and heat olive oil. When hot, add the sausage, breaking it up with a wooden spoon until it starts to brown, about five minutes.

2. Add the onion, celery, carrots, garlic, a pinch of salt, and a pinch of red pepper flakes. Cook with the sausage until the vegetables soften a bit, another 5 minutes. Add the lentils, bay leaves, tomatoes, water, more salt and black pepper to taste, stir to mix well then turn off.

3. Lock the lid and set to high pressure for 15 minutes. Let it naturally release for at least 20 minutes. Use the sauté function on high again to bring it back to a simmer.

4. Add the kale and cook until wilted. To serve, divide soup into soup bowls and top with Parmesan

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cheese. Leftovers will keep for several days in the fridge.