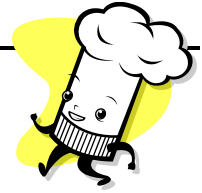


For the love of instant-pot

Cabbage and Ground Chicken Soup

Servings: 8



Ingredients:

1 lbs.	Ground chicken
2 Tbsp	Olive oil
1 Large	Onion, diced
2 Cups	Carrots, diced
2 Cups	Celery, diced
2 Cloves	Garlic, minced
½	Medium to large cabbage, chopped
2 Tbsp	Parsley
19 oz	Can of white kidney beans, drained and rinsed well
15 oz	Can of diced tomatoes
2 Tbsp	Tomato Paste
2 Cups	Low sodium vegetable or chicken broth
1 Cup	Water
1 Tsp	Chili powder and thyme
¼ Tsp	Cayenne pepper
½ Tsp	Pepper

Directions:

1. Select sauté function (medium heat) on display panel. Set sauté time for 20 min.
2. When the display reads HOT add olive oil, onion and garlic. Sauté for 2-3 min until onion is translucent. Add the carrots and celery and continue to sauté for another few minutes. You might want to add a little water to make sure nothing burns, and continually stir.
3. Add ground chicken and sauté until chicken is cooked through. If cooked through in under 20 min just hit cancel button on your instant pot.
4. After you hit cancel on instant pot add chopped cabbage, parsley, kidney beans, diced tomato, tomato paste, other spices, broth and water. Give everything a good stir. It's usually at the maximum capacity line on the instant pot.

5. On the display panel select pressure cook (high pressure) and set the timer for 5 min. Replace lid and ensure it's in the sealed position. Press start.
6. When the cooker beeps to let you know it's finished, you can let it release pressure on its own or press the quick release button. Use caution when pressing quick release to ensure you aren't burned by the releasing steam (use wooden spoon to press quick release).