



FIBER
PLUS
PROTEIN
MAKES THIS A
GO-TO DISH



13 BEAN SOUP with Chicken Sausage

Serves 8-10

INGREDIENTS

2 Cups 13 Bean Soup Mix
2 tbs Olive oil or butter
1 lb ground chicken sausage
or ham (cooked & diced)
1 Large onion, diced
4 Garlic cloves, minced
4 Carrots, or 8 baby
carrots, chopped
Freshly ground black pepper
Kosher salt
1 tsp. Basil
1 tsp. Oregano
1 tsp. Thyme
2 Quarts chicken stock
2 Cloves garlic, minced

SOAK DRY BEAN MIX
OVERNIGHT FOR AT
LEAST 8 HOURS



DIRECTIONS

1. Swirl and rinse beans well, remove any dirt or unwanted debris. Drain well.
2. Heat oil and brown sausage, break up into small chunks. (diced ham optional). Add onions and garlic and brown lightly softening the onions.
- 3 Add carrots, celery, herbs, salt and pepper, stir and brown lightly. Add all browned ingredients to pressure cooker.
4. Add in beans, and stock, and stir until all mixed thoroughly. Lock pressure cooker lid and raise heat to med-high until high pressure is reached.
5. Decrease heat to medium or med-low to keep steady high pressure without venting steam.
8. Cook for 30 minutes. Turn off heat and allow pressure to release completely. Remove pressure lock and open lid.
9. Stir thoroughly. Add more fresh ground pepper or salt to taste. Add stock or water if consistency is too thick.
10. Serve with crusty bread (top with chopped green onion, grated Parmesan or sour cream if desired.)



Add in bay leaves
and red pepper
flakes for more
flavor