



Instant Pot Keto Zuppa Toscana

Active Time: 10 minutes | **Total Time:** 30 minutes | **Serves:** 6

Nutrition Information Per Serving

373.4 calories, 8.18 g carbohydrate, 1.78 g fiber, 6.4 g NET carbs, 22.09 g protein, 28.84 g fat

Ingredients

- 5 link(s) Italian Sausage
- 3 cup(s) chicken broth
- 2 tsp(s) Italian seasoning
- 2 Tbsp(s) olive oil
- 1/2 cup(s) chopped white onion
- 2 clove(s) garlic, minced
- 4 slice(s) bacon diced
- 10 ounce(s) cauliflower florets
- 1 cup heavy cream
- 1/4 cup(s) Parmesan cheese, shredded
- 2 cup(s) chopped organic kale

Preparation

1. Turn instant pot to Saute. Add the oil. Add the sausage, bacon, garlic and onion.
2. Cook until sausage and bacon are browned.
3. Pour in broth, cauliflower, kale and Italian seasoning. Set instant pot to HIGH pressure and time to 6 minutes.
4. When the time is up, allow the pressure to release naturally.
5. Stir in heavy cream. Serve soup garnished with parmesan cheese.

This free recipe cannot be redistributed without prior permission from MealGenius.com.
If you have obtained this recipe from any source other than MealGenius.com please contact us.