



# Ashley's Meal Prep Monday!



## Instant Pot Dairy-Free Zuppa Toscana

### INGREDIENTS

1 TBSP avocado oil  
1 pound Italian sausage,  
casings removed  
5 garlic cloves, minced  
1 medium onion, diced  
1/2 TSP dried oregano  
1/2 TSP red pepper flakes  
4 russet potatoes, chopped  
6 cups chicken broth  
1/2 TSP salt  
1/4 TSP pepper  
1/2 bunch kale, stems  
removed and torn into bite  
size pieces  
1 can coconut milk, stirred

Set Instant Pot to saute setting and add the oil and sausage. Chopping while it cooks to crumble the sausage until lightly browned - about 5 minutes. Drain off excess fat.

Continue cooking and add the garlic, onion, oregano and red pepper flakes. Stir frequently until the onion is cooked - about 3 minutes.

Add in chopped potatoes, chicken broth, salt/pepper.

Press manual setting and set timer for 5 minutes at high pressure. When time is up, use the quick-release to open.

Stir in kale and coconut milk - let heat through 2-3 minutes. Serve with more red pepper flakes and salt/pepper. Enjoy!

Recipe: [mamashire.com](http://mamashire.com)

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