



Ashley's Meal Prep Monday!



Instant Pot Ground Turkey, Sweet Potato, Kale Soup

INGREDIENTS

- 2 TBSP olive oil
- 1 lb ground turkey or sausage
- 1 medium white onion
- 3 cloves garlic minced
- 2 large sweet potatoes peeled and cubed
- 10 oz sliced mushrooms
- 5 cups chicken broth
- 1 cup dry white wine
- 2 TBSP apple cider vinegar
- 1 TBSP basil
- 1 TSP sea salt
- 1/2 TSP pepper
- 3 cups chopped kale
- 2 TBSP chopped thyme

Select saute function on instant pot. Add olive oil to the pot and toss in ground turkey/sausage. Cook until almost cooked through, about 5 minutes. Add in the onion and garlic and cook for another 3-4 minutes.

Add sweet potatoes, mushrooms, broth, wine, vinegar, basil, salt/pepper and secure the lid.

Select manual and cook at high pressure for 8 minutes. Select cancel and release - open the lid and add in the kale. Let it cook with the lid open for another 5 minutes. Add additional salt and garnish with fresh thyme.

I ended up making a batch of cornbread and it paired perfectly with the soup.



Recipe: wholesomelicious.com

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