

# INSTANT POT SOUP WITH SMOKED SAUSAGE, WHITE BEAN & VEGETABLES

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COURSE: MAIN COURSE CUISINE: AMERICAN  
KEYWORD: INSTANT POT SOUP, PRESSURE COOKER SOUP, WHITE BEAN SOUP  
PREP TIME: 10 MINUTES COOK TIME: 40 MINUTES TOTAL TIME: 50 MINUTES  
SERVINGS: 5 CALORIES: 498 KCAL



This Instant Pot soup recipe is easy, delicious and hassle-free. Made with smoked sausage, white beans, and vegetables with an herb-infused broth.

## INGREDIENTS

1 lb bag dry navy beans or other white beans of choice, soaked for several hours\* (see notes)  
1-2 tbsp olive oil  
14 oz smoked turkey sausage sliced into medallions  
1/2 onion diced  
2 cloves garlic minced  
3 carrots peeled and chopped  
2 stalks celery chopped  
1 tsp fresh thyme chopped  
2 tsp fresh rosemary chopped  
7 cups vegetable broth  
3 cups fresh baby spinach  
1 tsp salt (plus more to taste)  
1/4 tsp black pepper

## INSTRUCTIONS

1. Using the saute function, add olive oil and cook sausage until browned.
2. Add onions and saute until translucent. Add garlic and saute for one minute. Turn saute off.
3. Rinse the beans and add them to the pot, along with all remaining ingredients.
4. Set to pressure cook (manual) on high for 20 minutes.
5. When finished, quick release the steam valve.
6. Open and season with additional salt and/or pepper to taste.
7. To thicken the soup, use a wooden spoon to smash some of the beans against the side of the pot.
8. Serve with warm, crusty bread.

## RECIPE NOTES

For best results, I recommend soaking the beans in water for 2-3 hours before cooking, or all day if you'd like to soak them in the morning before work and then cook the soup at night. I've made this successfully without soaking the beans at all, and set the IP for 25 minutes instead of 20, but some have mentioned that their beans aren't fully cooked this way, so I'm guessing the brand/variety of bean may be a factor. When in doubt, just soak the beans for a few hours prior to cooking.

For meal planning purposes, keep in mind that it takes about 20 minutes for the IP to come to pressure before it starts the 20 minutes of cook time.

# Nutrition Facts

Instant Pot Soup with Smoked Sausage,  
White Bean & Vegetables

## Amount Per Serving

**Calories** 498                      Calories from Fat 90

## % Daily Value\*

**Total Fat** 10g                      **15%**

    Saturated Fat 2g                      **10%**

**Cholesterol** 59mg                      **20%**

**Sodium** 2309mg                      **96%**

**Potassium** 1558mg                      **45%**

**Total Carbohydrates** 65g                      **22%**

    Dietary Fiber 24g                      **96%**

    Sugars 8g

**Protein** 36g                      **72%**

Vitamin A                      172.7%

Vitamin C                      13.3%

Calcium                      18.9%

Iron                      36.2%

\* Percent Daily Values are based on a 2000 calorie diet.