

YIELD: 10 CUPS

INSTANT POT BEAN AND SAUSAGE SOUP

Instant Pot Bean and Sausage Soup is so easy and SO good! Make this delicious healthy meal from UNSOAKED dried black eyed peas and low fat chicken sausage in about an hour.

**PREP TIME**

5 minutes

COOK TIME

55 minutes

TOTAL TIME

1 hour

INGREDIENTS

- 2 Cups dried Black eyed Peas
- 4 Cup chicken stock
- 12 oz. Chicken sausage sliced
- 1 leek-chopped
- 1 large sprig fresh Rosemary
- 3 cloves garlic minced
- 1 15 oz. can diced tomatoes
- 2 Tablespoons Worcestershire sauce
- 2 Bay leaves

INSTRUCTIONS

1. Pour the dried black eyed peas and chicken stock into the instant pot.
2. Seal the pot and Set to manual for 15 minutes.
3. Meanwhile chop the leek up small (1/4 to 1/2 inch pieces) and mince the garlic. Set aside.
4. Slice the sausages into 1/2 inch lengths.
5. Once the peas are done. Quick release.

6. Open the pot when the pressure button drops and add in all the remaining ingredients.
7. Seal the instant pot. Set the soup button to 30 minutes. When the pot beeps it's done. Quick release and serve.

NOTES

For gluten Free replace worcestershire sauce with Tamari or other gluten free flavor as you prefer.

No need to soak the beans ahead. If you do soak them they will cook faster so reduce the cooking time to about 5 minutes.

Instant pots DO take some time to come to pressure. I have added time for that but it's only a guess. Your pot may be faster or slower than mine. Enjoy!

EXCERPT FROM THE INSTANT POT COOKING TIMES PAGE.

"There are a few things to be aware of when cooking dried beans and legumes:

- Dried beans double in volume and weight after soaking or cooking. To avoid overflow, please do not fill the inner pot more than to the ½ mark to allow for expansion.
- When cooking dried beans use sufficient liquid to cover the beans.
- Although not necessary, soaking the dried beans can speed up cooking significantly. Immerse the beans in 4 times their volume of water for 4-6 hours.

Beans and legumes are less likely to be over-cooked, but if they are undercooked the texture is unpleasant. Please consider the cooking time as a minimal time."

NUTRITION INFORMATION: YIELD: 5 **SERVING SIZE:** 2 cups

Amount Per Serving: CALORIES: 457 TOTAL FAT: 11g SATURATED FAT: 2g TRANS FAT: 0g UNSATURATED FAT: 6g

CHOLESTEROL: 68mg SODIUM: 905mg CARBOHYDRATES: 54g FIBER: 9g SUGAR: 11g PROTEIN: 38g

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