



## Andouille Sausage and Cabbage Soup Serves: 4-6

### Ingredients:

3 tablespoons olive oil  
1 pound andouille sausage, diced  
1 small onion, diced  
2 carrots, chopped  
2 ribs celery, chopped  
½ head green cabbage, chopped  
½ head Napa cabbage, chopped

3 cloves garlic, minced  
½ teaspoon caraway seeds  
1 teaspoon fennel seeds  
½ teaspoon mustard powder  
1 tablespoon tomato paste  
6 cups low-sodium chicken stock  
Salt and black pepper to taste  
½ cup chopped fresh parsley

### Directions:

1. Press **“sear”**, set to 3 minutes, then press **“start/stop”**.
2. Add olive oil and sausage to the Pressure Cooker and brown sausage.
3. Add onions, carrots, celery, cabbage, and garlic and sauté Mix well.
4. Add seasonings and toss to coat well.
5. Add stock and tomato paste and mix well.
6. Season with salt and pepper.
7. Close lid and lock in place.
8. Press **“soup”**, ensure time is set to 20 minutes, and then press **“start/stop”**.
9. When done, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally.
10. Once pressure is released, carefully open lid, stir in fresh parsley, season with salt and pepper to taste, and serve.