

INSTANT POT: TUSCAN BEANS WITH SAUSAGE, CHICKEN, AND GREENS

6 servings

Chop everything first to make the cooking go a bit smoother. If there are two of you, have one do the vegetables and the other the sausage and chicken. See SOAKING? (below) for info on soaking or not soaking beans. This dish is fairly brothy and great for sopping up with crusty bread. Take out a cup or two, mash it up, and return it to the pot if you'd like a thicker bowlful.

- 3 links Italian sausage, sweet or hot, sliced and then diced into 1/2-inch pieces (can sub Italian turkey sausage)
- 3 boneless skinless chicken thighs, diced into 1/2 inch pieces (can sub boneless chicken breasts, but cook them separately until cooked through in a skillet and add at the end with the greens)
- 2 tablespoons olive oil
- 1 medium onion, diced
- 3 cloves garlic, minced
- 6 fresh sage leaves, minced (can sub 1 teaspoon dried sage)
- 1 1/2 teaspoons dried rosemary--rubbed and crumbled between your fingers
- Handful of fresh parsley, minced
- Pinch of crushed red pepper
- 1 pound dry cannellini (or navy or great northern) beans, sorted and soaked overnight*
- 15-ounce can diced tomatoes
- 1 1/2 cups water -- or more as needed to cover beans in pot
- 3/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 2 cups chopped fresh spinach, arugula, or shredded kale
- Extra virgin olive oil for garnish
- Red wine vinegar for garnish

Select **SAUTÉ** on the Instant Pot and adjust to **NORMAL**. When hot, drizzle in olive oil evenly and when the oil is hot, add the sausage and chicken pieces. Sauté, stirring occasionally, for about 5 minutes until lightly browned; add onion. Cook, stirring, another 3 or 4 minutes, or until meats are cooked through and onion is softened. Stir in garlic, sage, rosemary, parsley and crushed red pepper; sauté for another minute. Press **CANCEL**.

Add beans, tomatoes, water, salt, and pepper; stir. Make sure beans are completely covered with liquid (add a little water if needed) and that you haven't filled the pot more than 2/3 full as the beans expand while cooking. Secure lid on the pot. Close pressure release valve.

Select **MANUAL** and cook at high pressure for 15 minutes. Use a natural release to depressurize. (If beans aren't done, pressure cook for another 3 minutes or so, do a quick release, and check again.) If desired, spoon off extra fat at top of pot. Stir in greens, replace lid, and let rest for 10 minutes or until greens are softened. Taste and adjust seasonings. Serve hot in warmed bowls garnished with a drizzle each of olive oil and red wine vinegar. When done serving, press **CANCEL**.

Cook's Notes: *If you don't like the idea of oil and vinegar for garnish (though I think it just makes the dish), consider instead freshly grated Parmigiano-Reggiano cheese and an extra grate or two of black pepper.*

- SOAKING? You can also do a quick soak: Cover beans with water in a medium-large pot, cover, heat over on stove over high heat and boil for 2 minutes, then let rest an hour. Drain before cooking. Another option is to pressure cook the beans for one minute, cancel cooking, and let rest an hour before beginning recipe. You **can** skip soaking your beans, but do increase the pressure cooking time to 20 minutes and check for doneness. Folk wisdom tells us soaked beans help prevent flatulence. See what you think.

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