

# Sausage and Cabbage Soup

## Ingredients

900 grams Italian sausages (remove the casing)	1 tablespoon olive oil
1 cup onion (diced small)	1 teaspoon dry basil
1 ¼ cup fresh fennel bulb (diced small)	1 teaspoon celery seed
7-8 cups cabbage (roughly chopped)	1 ½ teaspoons fennel seed
¾ cup carrot (diced)	1 ½ teaspoons garlic powder
1 tablespoon garlic (minced)	2 teaspoons paprika
2 tablespoons tomato paste	½ teaspoon salt
6 cups beef bone broth	¼ teaspoon pepper
1 cup plain tomato sauce	1 tablespoon maple syrup
2 tablespoons raw apple cider vinegar	3 tablespoons fresh dill (Add once cooking is complete)

## Method

Turn the instapot on sauté, add the olive oil, remove the casing from the sausage and cook the sausage by breaking it up with a spoon. Once the sausage is almost cooked, you can remove most of the fat if you want. Then add the spices, onions, garlic, fennel bulb and carrots.

Sauté for a couple of minutes and then add in the rest of the ingredients except for the fresh dill. Turn off sauté mode, replace the lid and set on pressure cook for 8 minutes.

Once the soup is done, turn the pot off and release the steam. Open the lid (only once all steam has been released), add the fresh dill and season with salt and pepper.

If you do not have an instapot, follow the same instructions but just simmer the soup on the stove top for about 20-25 minutes with the lid on or until everything is tender.