

## **Pressure Cooker Italian Chicken Soup**

*(About 8 one cup servings)*

1-2 teaspoons olive oil  
3 Jennie O brand low fat turkey brats with the casing removed  
1 medium, diced onion  
3 cloves of minced garlic  
1 cup green lentils  
½ cup pearl barley  
1 bone-in chicken breast with skin removed  
½ cup chopped parsley  
3 cups low sodium chicken stock  
1 cans garbanzo beans, drained  
1 cup mild salsa  
1 bag fresh spinach leaves, washed and chopped



Heat oil in the pressure cooker over medium heat. Add reduced fat brats and crumble as they are cooking. Push sausage to the side, and then sauté the onion until it is translucent.

Add in barley and keep stirring. Add the lentils, chicken, parsley, and chicken stock to the pressure cooker, adding enough of the chicken stock to completely cover the ingredients. Close cover, and cook for 10 minutes.

Release the pressure cooker and allow the pressure to drop. Open the cooker and remove the chicken and bone. Shred the meat and return to the soup. Add the canned garbanzo beans, spinach, and salsa; blend and heat through for a few minutes prior to servings.



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