

Shopping List:

2 tbsp olive oil
½ onion, chopped
2 cloves minced garlic
2 cans beans
1 bunch kale
2 cups Ham
1 carrot, sliced
2 tsp fresh rosemary
2 bay leaves
32 oz Laura Lynn chicken broth
Parmesan cheese

Cooking Instructions:

Set an electric pressure cooker to saute. Add olive oil, onion, and garlic. Cook until brown. Add beans, carrots, ham, rosemary, bay leaves, kale and chicken broth. Cook for 10 minutes, then release pressure and let sit for 10 minutes. Serve topped with parmesan cheese.