

# Instant Pot Cabbage Sausage Soup

Hands-on 10 minutes Overall 30 minutes

**Nutritional values (per serving, about 1 1/4 cups):** Total carbs: 11.6 g, Fiber: 3.8 g,

**Net carbs: 7.8 g,** Protein: 15.7 g, Fat: 25 g, Calories: 327 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 8 servings)

- 2 tbsp [extra virgin olive oil](#) (30 ml)
- 1 tbsp [Italian seasoning](#)
- 4 cloves garlic, minced
- 1 small red onion, chopped (60 g/ 2.1 oz)
- 1 bell pepper, chopped (120 g/ 4.2 oz)
- 4 smoked Italian sausage links, sliced (400 g/ 14 oz)
- 1 medium head cabbage, sliced (600 g/ 1.3 lb)
- 1 can diced tomatoes (410 g/ 14.5 oz)
- 1 cup crushed tomatoes (120 g/ 4.2 oz)
- 2 cups shredded mozzarella (226 g/ 8 oz)

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## Instructions

1. Place the oil in the [Instant Pot](#) and turn it to *Sauté*. Once hot, add in the Italian seasoning, garlic, onion, and pepper. Sauté until fragrant and slightly softened, about 3 minutes.
2. Add in the sausage and sauté 3 minutes until starting to brown.
3. Add in the shredded cabbage, diced tomatoes and crushed tomatoes.
4. Add the mozzarella. Cover and turn to *Sealing*. Set the Instant Pot to *Manual*, high pressure for 17 minutes.
5. After 17 minutes, manually release the pressure. Stir and serve.
6. If it's too thick, add 1-2 cups of water or chicken stock. Store in an airtight container in the refrigerator for up to 3 days.

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