

INSTANT-POT LENTIL SOUP

Delicious soup that can be prepared in a flash, thanks to the wonders of a pressure cooker! If you don't have one, no worries. You can make this soup on the stove, it will just take a little longer to cook the lentils.

 20 minutes

 1 hour

 10 portions

INGREDIENTS

- 2 tablespoons olive oil
- 1 chopped medium onion
- 6 stalks celery, chopped
- 2 large carrots, chopped
- 3 cloves of garlic, chopped
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 4 cups chicken broth
- 4 cups water
- 2 cups dried lentils
- 1 cup crushed tomatoes
- 2 cups raw kale leaves, roughly chopped
- 1/2 cup chopped fresh cilantro, rinsed
- lemon juice from two lemons

COOKING METHOD

- 1° If you're using an Instant Pot; turn on the "saute" setting (or, if you're cooking on the stove in a soup pot, turn on the heat to medium-high), and add the olive oil, onion, celery, carrots, garlic, salt and pepper, and cook for 5-7 minutes, until the vegetables begin to get soft.
- 2° Once the vegetables are soft, add the broth, water, lentils, and tomatoes. If using the Instant Pot, cover with the lid and turn on the "pressure" setting. Adjust to "high pressure", and set the timer for 45 minutes. Make sure the toggle is set to "sealing" and not "venting". If cooking on the stove, add the broth, water, lentils, and tomatoes. Cover the pot, turn the heat down to medium-low and simmer for at least two hours, until the lentils are cooked through, adding additional water/stock if needed.
- 3° Once the soup is finished cooking, if using the Instant Pot, CAREFULLY release the steam until the lid can be opened. If cooking on the stove, remove from heat. Add the chopped kale, cilantro, lemon juice, and any additional salt and pepper to taste. Stir to combine, and serve!

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (332 g)	% DRI
ENERGY	59 kcal	195 kcal	10 %
FAT	1 g	3 g	5 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	3 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	179 mg	594 mg	25 %
CARBOHYDRATE	10 g	32 g	11 %
SUGARS	1 g	4 g	—
FIBER	2 g	6 g	25 %
PROTEIN	3 g	11 g	—