

Instant Pot Lentil Soup 1



Servings: 6

*1 medium yellow onion
3 medium celery stalks
3 medium carrots
3 cloves garlic
2 cups French or green lentils
1 teaspoon ground cumin
1 teaspoon ground coriander
1 teaspoon paprika
1 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
2 boxes low-sodium vegetable or chicken broth (32-ounce)
1 can fire-roasted diced tomatoes (15-ounce)
5 ounces baby spinach (about 5 packed cups)*

Prepare the following, placing them all in a 6-quart or larger Instant Pot or electric pressure cooker: Dice 1 medium yellow onion and 3 medium celery stalks, peel and cut 3 medium carrots into 1/2-inch thick rounds, and mince 3 garlic cloves.

Add 2 cups lentils, 1 teaspoon ground cumin, 1 teaspoon ground coriander, 1 teaspoon paprika, 1 teaspoon kosher salt, 1/4 teaspoon black pepper, 2 boxes vegetable or chicken broth, and 1 can fire-roasted diced tomatoes and their juices. Stir to combine.

Lock the lid on and make sure the pressure valve is closed. Set to cook under HIGH pressure for 15 minutes. It will take about 20 minutes to come up to pressure.

When the cook time is up, quick release the pressure. Add 5 ounces baby spinach and gently stir to combine.

Per Serving (excluding unknown items): 28 Calories; trace Fat (9.0% calories from fat); 1g Protein; 6g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 425mg Sodium; 3g Total Sugars; 0mcg Vitamin D; 32mg Calcium; 1mg Iron; 203mg Potassium; 27mg Phosphorus.
Exchanges: 1/2 Grain(Starch).