

Instant Pot Lentil Soup



Ingredients

Serves: 6

Time: 10min prep / 30 min overall

4 tbsp olive oil
1 onion, diced
1 cup celery, chopped
1 cup carrots, sliced
2 tbsp Kosher salt

2 cups dried green lentils (1 package)
8 cups liquid (recommend: 4 cups stock + 4 cups water)

2 tbsp lemon juice (fresh lemons are best)

Instructions

1. Set the Instant Pot to the "brown" setting. Add olive oil, then onion. Sauté onion for 4-5 minutes, then add carrots, celery, and salt. Sauté 3-4 more minutes. Stir throughout cooking to ensure even cooking.
2. Add lentils and liquid. Cover Instant Pot. Set the Instant Pot to pressure cook for 10 minutes. Depending on how hot the liquid is when you add it, the total cook time should end up at about 20-30 minutes.
3. At the end of the cook cycle, you can either
1/ for softer lentils, wait for the pressure to release naturally, or
2/ for firmer lentils, wait approx. ~5 minutes, then place a rag over the valve & release the steam.
4. Squeeze/add lemon juice and stir. Add additional salt, according to your preference. Sour cream or cheese to serve, with perhaps some crusty toast for dipping—whatever you fancy.

Based on: Happy Veggie Kitchen's recipe: <https://www.happyveggiekitchen.com/instant-pot-green-lentils/>