

LENTIL SOUP

8 SERVINGS

directions 

- ½ lb dry lentils
- 2 tbsp olive oil
- 1 onion
- 3 stalks celery
- 2 carrots
- 4 oz sun dried tomatoes
- 4 cups chicken or vegetable broth
- Juice from 1 lemon

ingredients 

1. Turn your Instant Pot to saute mode. Once hot, heat 2 tbsp of olive oil and saute the chopped onion, carrots, and celery until the onion is translucent and the carrots and celery are soft.
2. Add the dry lentils, 4 oz of sundried tomatoes, and broth to your instant pot. Stir.
3. Secure the lid, and pressure cook for 10 minutes, then release the pressure.
4. Before serving, add the juice of one lemon and 4 cups of chopped kale.