Instant Pot Lentil Soup

Jacob · 30/09/2024



Prep Time

20 mins

Dificult

Medium

Servings

1 hr

Description

This lentil soup is easy to make in the Instant pot for a richly textured warming soup full of flavor I fell in love with lentil soup in the Middle East Serve with grated Parmesan cheese a dollop of yogurt and a bit of fresh parsley on top

Ingredients

— - 3 tablespoons olive oil - ½ onion

— finely diced - 1 carrot

— peeled and diced - 1 stalk celery

— diced - 2 cloves garlic

— minced - 2 teaspoons ground cumin - ½ teaspoon ground coriander - ½ teaspoon ground turmeric - ½ teaspoon salt - ½ teaspoon ground white pepper - ¼ teaspoon fennel seeds - ? teaspoon chile powder - 1 tablespoon tomato paste - 4 cups vegetable broth - 3 cups water - 1 ¼ cups green lentils - 1 small yellow squash

— diced (Optional) - 1 cube vegetable bouillon - 1 lemon

— juiced - 1 cup chopped kale

— or to taste

Instructions

1. Turn on a multi-functional pressure cooker (such as Instant Pot) and select Sauté function. Warm olive oil for 3 minutes. Add onion
2. carrot
3. celery
4. and garlic. Cook until onion is soft and translucent
5. 4 to 5 minutes. Season with cumin
6. coriander
7. turmeric
8. salt
9. white pepper
10. fennel
11. and chili powder. Cook for 2 more minutes. Stir in tomato paste. Pour in broth and water. Stir in lentils and squash. Crumble bouillon cube over the top and mix well
12. scraping the bottom of the pan to remove any browned bits. Cancel Sauté mode. Close and lock the lid. Select high pressure according to manufacturer's instructions; set timer for 8 minutes. Allow 10 to 15 minutes for pressure to build. Release pressure using the natural-release method according to manufacturer's instructions for 10 minutes. Open valve to vent remaining steam
13. about 5 minutes. Unlock and remove the lid. Mix in lemon juice and toss kale leaves just on top of the soup. Replace lid and allow kale to steam for about 5 minutes. Remove lid and adjust seasonings
14. if desired
15. before serving. Cook’s Note You can use 1 large chicken bouillon cube instead of vegetable bouillon.Use red lentils instead of green
16. if preferred.Substitute lime juice for lemon juice if preferred.