



Pressure Cooker Red Lentil & Vegetable Soup

6 servings

20 minutes

Ingredients

- 1 Carrot (peeled, chopped)
- 1 Yellow Onion (chopped)
- 1 stalk Celery (chopped)
- 1 Zucchini (chopped)
- 3 Garlic (cloves, minced)
- 5 cups Vegetable Broth
- 1 cup Dry Red Lentils (rinsed)
- 1 cup Parsley (chopped)
- 1 cup Kale Leaves (finely chopped)
- 1 tsp Oregano
- 1/2 tsp Sea Salt
- 1 Lemon (juiced)

Directions

- 1 Add all ingredients except for the lemon juice to the pot of your pressure cooker.
- 2 Put the lid on and set to "sealing" then press manual/pressure cooker and cook for 5 minutes on high pressure. Once finished, release the pressure manually. Stir in the lemon juice and season with additional salt if needed.
- 3 Divide between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is approximately 1 1/2 cups of soup.

Additional Toppings: Serve with additional lemon wedges and fresh parsley.

Consistency: If the soup is too thick, thin with additional broth until desired consistency is reached.

More Veggies: Add bell pepper and/or tomato.