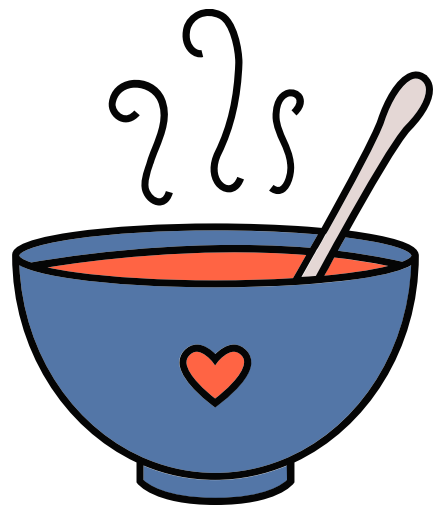


# instant pot lentil soup

This soup is as easy as it is tasty. The star of the show is lentils, an affordable plant-based protein source that features many nutrients including iron and magnesium. All you need is some pantry staples and an Instant Pot or slow cooker to throw it together in a pinch.

## Ingredients:

- 1 Tbsp oil (any kind you prefer)
- 1/2 medium onion
- 2 bell peppers, diced (optional)
- 3-4 medium carrots, diced
- 1 tsp smoked paprika
- 1 tsp dried thyme
- 1/2 tsp garlic powder
- Salt and pepper, to taste
- 15 oz can diced tomatoes
- 1 lb dried lentils
- 1 quart broth or water
- Optional: serve with toasted bread



## Directions:

- Drizzle the oil into the Instant Pot, then click "Sauté." Add in the onion, and cook until soft and brown.
- Add the bell peppers, carrots, and spices to the pot, and cook until the vegetables are soft.
- Add the lentils, tomatoes, and liquid to the pot and mix well.
- Cover and seal the Instant Pot, then cook on "High" pressure for 15 minutes, then allow it to release.
- Open the lid, stir, and add more water or broth if needed to thin the consistency. Let cool, then serve with whole wheat bread or cool completely and store in the refrigerator.

*To make in the slow cooker: Complete steps 1 and 2 in a large skillet, then transfer to a slow cooker. Add the remaining ingredients, then set on "Low" for 6-8 hours, or on "High" for 3-4.*