

Pressure Cooker Lentil Soup

Prep time: 10 minutes

Cook time: 45 minutes

Ingredients:

1 medium yellow onion chopped fine
¼ cup olive oil
2 large carrots diced
2 stalks celery chopped
2 large cloves garlic
1 teaspoon dried oregano
2 bay leaves
1 can organic crushed tomatoes (14 oz can)
2 cups dry brown lentils rinsed well
8 cups of water or vegetable broth
1 cup spinach chopped roughly
1 tablespoon apple cider vinegar
Salt & pepper to taste

1. Set pressure cooker to sauté function and heat oil over medium heat. Once hot add onions and sauté until soft. Add the carrots and celery and cook additional 2-3 minutes, until barely soft. Stir in garlic, oregano, bay leaf and cook until fragrant about 1-2 minutes.
2. Stir in lentils, water, tomatoes. Cover and secure the steam release valve to sealing. Set to high pressure for 16 minutes. Once pressure cooker reaches time allow pressure to release naturally.
3. Remove lid and stir soup. Remove Bay leaves. Add chopped spinach, vinegar and stir well. Adjust salt and vinegar to your liking.
4. Serve with crusty bread or toasted whole wheat pita.