Blue Zones Project®

*From the kitchen of:*
Blue Zones Project®

Instant Pot Recipe by:
Delish Knowledge

# Vegan Lentil Soup

## Ingredients:

- 1/4 c olive oil
- 1 med onion, chopped
- 3 carrots, chopped
- 3 celery sticks, chopped
- 4 garlic cloves, minced
- 1 tsp ground cumin
- 1 tsp curry powder
- 1/2 tsp dried thyme
- 1/2 tsp smoked paprika
- 1/2 tsp crushed red pepper flakes
- 1-28 oz diced tomatoes in juice
- 1 c brown or green lentils
- 4 c vegetable broth
- 2 c chopped spinach
- 1/2 c finely chopped parsley
- 1/2 lemon, juiced

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## Directions:

1. Turn on Instant Pot and push saute. Add olive oil, onion, carrots, celery and cook for 5 minutes until soft.
2. Add in garlic and spices, then hit cancel. Add tomatoes with their juices, lentils, broth, and cover.
   Bring soup to high pressure for 15 minutes (turn vent to sealing & hit manual and the + sign to 15 minutes).
3. When done, turn the vent to venting and let pressure come down naturally for 10-15 minutes.
   Gently remove cover, then place 2 cups of the soup in a blender and puree until creamy.
   Add back to the soup along with the chopped spinach and place the cover back on.
   Let sit for 2-3 minutes until the spinach has wilted.
4. Just before serving, stir in the lemon juice and chopped parsley and serve!

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