



Lentil Soup

- ← 3 tbsp olive oil
 - ← 2 cups onion, small diced
 - ← 3 cups celery, small diced
 - ← 3 carrots, peeled & small dice
 - ← 3 garlic cloves, smashed
 - ← 2 tomatoes, roughly chopped
 - ← 3 cups brown lentils
 - ← 3 tsp cumin
 - ← 8 cups chicken broth
 - ← 2 tablespoons Italian seasonings
 - ← 1/2 tsp salt
 - ← 1 tsp blackpepper
- 3 tsp cornstarch – ¼ cup water creates a slurry

Select sauté and add oil to cooking pan. Saute onion, celery, carrots and garlic for 3 minutes. Stir in lentils and cumin to coat with vegetable oil mixture. Add tomatoes, chicken broth & spices then season with salt and pepper.

Select high pressure and 10 minutes cook time. Once the cook time completes, the pressure cooker beeps, turn pressure cooker off. Use the Quick Pressure Release to release the pressure/ steam.

When valve drops carefully remove lid away from you to allow steam to disperse. Check lentils to insure that they are tender.

- ← In order to create slurry, mix together the cornstarch and water by rubbing your fingers to create a paste. Add in a cornstarch slurry to slightly thicken soup if desired, stir to combine.

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← Recipe by Chef Barry Sexton

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