

Split Pea Soup Instant Pot

Cook Time:

About an hour

Ingredients:

1/8 cup of water
7 cups water
1 pound, dried split peas
2 cups chopped carrots
1 large yellow onion, chopped
2 TBS Salt-Free Seasoning
1 strip Kombu
½ tsp ground Black Pepper
1 tsp Smoked Paprika
2 tsp Cumin
1 tsp Curry Powder
1 tsp Turmeric
1/2 tsp Thyme
1/2 tsp Salt



Instructions:

1. Add an 1/8 cup of water to [Instant Pot](#) and set Instant Pot to Sauté mode
2. After heated, place onion in [Instant Pot](#) and sauté until translucent
3. Add carrots and sauté for a couple more minutes.
4. Add water, Kombu, split peas, salt free seasoning, pepper and paprika.
5. Put the lid on the Instant Pot, close the steam vent and set to HIGH pressure using the manual setting. Set the time to 20 minutes.
6. It'll take a few minutes for the Instant Pot to reach pressure, once it does, the timer will begin!
7. When done, natural release for 15 minutes, then do a quick release.
8. As soon as the release is finished and ball drops down, open the lid and add last five spices, stir and serve!