

Instant Pot Lentil Sweet Potato Soup

Cook Time:

About an hour

Ingredients:

- 🌱 1/8 cup water
- 🌱 1/2 yellow Onion, chopped
- 🌱 2 Organic Celery Stalks, chopped
- 🌱 4 Organic Carrots, chopped
- 🌱 4 Garlic Cloves, minced
- 🌱 1 stick Kombu
- 🌱 2 cups Organic Green Dry Lentils
- 🌱 2 medium Sweet Potatoes, peeled & cut into slices
- 🌱 4 cups Low Sodium Vegetable Broth
- 🌱 4 cups Water
- 🌱 1 (14 oz.) can Organic Fire Roasted Diced Tomatoes
- 🌱 1 tbsp. Ground Cumin
- 🌱 1 tbsp. Turmeric
- 🌱 1 tbsp. Smoked Paprika
- 🌱 1 tbsp. Salt
- 🌱 4 cups Organic Spinach Leaves
- 🌱 1 Lemon



Instructions:

1. Set Instant Pot to Sauté setting and add the 1/8 cup water.
2. Once hot, add the onion, garlic, carrots, and celery, sauté and stir for 5 minutes.
3. Add the rest of the ingredients (except spices, spinach, and lemon) and stir till combined.
4. Place lid on the Instant Pot, lock, close the steam vent and set to HIGH pressure using the manual setting.
5. Decrease the time to 13 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 10 minutes, then do a quick release.
8. After all steam is out, and ball has dropped, stir in the spices.
9. Add spinach until wilted.
10. Squeeze juice from lemon, stir well, and serve!