

Instant Pot Lentil Soup (Chinese Style)

Yield: 6 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-lentil-soup-recipe>

Ingredients:

- 1 cup green lentils uncooked
- 1 tablespoon olive oil
- 1 red onion diced
- 4 cloves garlic minced
- 3 tablespoons doubanjiang *Footnote 1
- 1 teaspoon cumin
- 4 cups vegetable broth
- 1 cup crushed tomatoes canned
- 1/4 teaspoon white pepper
- salt to taste, Optional
- tomato Chopped
- avocado Chopped
- purple onion Minced

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 28 grams
3. Fat: 4 grams
4. Fiber: 12 grams
5. Protein: 10 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 810 milligrams
8. Sugar: 4 grams

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