

# Instant Pot Vegan Lentil Soup

Yield: 6 min  
Total Time: 30 min

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

## Ingredients:

- 2 tablespoons olive oil or 1/4 cup water or vegetable broth for sauteing
- 1 onion medium, finely chopped
- 4 cloves garlic minced
- 2 green onions chopped
- 2 celery ribs, chopped
- 1 teaspoon fresh ginger grated
- 2 sprigs fresh thyme or 1 teaspoon dried
- 1/2 teaspoon allspice
- 2 medium carrots chopped
- 1 potato medium white, peeled and diced
- 1 sweet potato small, peeled and diced
- 1/4 teaspoon cayenne pepper
- 1 1/2 teaspoons salt
- 1 1/2 cups lentils sorted and rinsed, i used brown lentils
- 6 cups water plus 1 veggie bouillon
- 1/4 cup coconut milk

## Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 45 grams
3. Fat: 7 grams
4. Fiber: 18 grams
5. Protein: 15 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 650 milligrams
8. Sugar: 5 grams

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