

# Instant Pot Red Lentil Soup

Yield: 7 min  
Total Time: 20 min

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

## Ingredients:

- 1 cup red lentils split
- 4 cups lower sodium chicken broth
- 1 can fire roasted diced tomatoes 14.5oz
- 1 medium onion chopped
- 1 medium carrot diced
- 2 stalks celery diced
- 2 tablespoons butter
- 1/2 teaspoon black pepper
- salt to taste

## Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 10 milligrams
4. Fat: 5 grams
5. Fiber: 9 grams
6. Protein: 10 grams
7. SaturatedFat: 2 grams
8. Sodium: 190 milligrams
9. Sugar: 2 grams

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