

Pressure Cooker Lentil Soup

Yield: 6 min
Total Time: 20 min

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

Ingredients:

- 1 cup red lentils sorted and rinsed
- 1 cup brown lentils green/, sorted and rinsed
- 1 onion medium, chopped
- 3 cloves garlic minced
- 2 teaspoons cumin
- 1 1/2 teaspoons smoked paprika
- 1 teaspoon salt
- 2 carrots sliced into 1/4 inch pieces
- 2 celery stalks diced, optional
- 1 pound waxy potatoes such as Yukon Gold or Red Bliss, I used a blend that included purple potatoes
- 1 bunch rainbow chard or similar greens, such as spinach, chopped
- 8 cups water
- salt
- pepper

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 60 grams
3. Fat: 1 grams
4. Fiber: 25 grams
5. Protein: 21 grams
6. Sodium: 740 milligrams
7. Sugar: 5 grams

Thank you for visiting our website. Hope you enjoy Pressure Cooker Lentil Soup above. You can see more 16 turkish lentil soup recipe pressure cooker Try these culinary delights! to get more great cooking ideas.