How To Make Best Lentil Soup in Instant Pot Vegan.

INGREDIENTS

2 tbsp avocado oil

1 medium size onion

2 ribs celery

3 tbsp chopped garlic

2 cups lentil

1/2 tsp cayenne pepper

1 tsp salt

1 tsp Italian seasoning

dice tomato 796 ml

2 bay leaves

8 cups vegetable broth

142 g baby spinach

INSTRUCTIONS

Instant pot - press saute and add 2 tbsp of avocado oil when oil is hot I add 1 medium size chopped onion + 2 ribs of celery and saute for 3-5 minutes + 3 tbsp of chopped garlic + 2 cups of washed lentils + 1/2 tsp of cayenne pepper + 1 tsp salt + 1 tsp of Italian seasoning + 796 ml of dice tomato + 2 bay leaves + 8 cups of vegetable broth. Close the lid, press cancel then pressure cook on hi for 12 minutes. Then quick release. Open lid take out the bay leaves add 142 g of baby spinach mix it and leave for few minutes 5 or so.