

Lentil Soup

Try out this delicious lentil soup that is low in caloric density and perfect for maximum weight loss!

Prep:
5 minutes

Cook:
25 minutes

Ready In:
30 minutes

Servings:
6



Ingredients

- 1 cup green or brown lentils
- 4 medium carrots, chopped
- 1 yellow onion, diced
- 4 cloves garlic, minced
- 28oz canned diced tomatoes
- 1 large zucchini, chopped
- 2 cups chopped green beans (fresh or frozen)
- 1/2 large head cauliflower, chopped
- 1/2 tsp dried thyme
- 1/2 tsp oregano
- 1 tsp dried basil
- 32 ounces water

Instructions

- 1 Put your Instant Pot (or similar electric pressure cooker) on the sauté function, add in 2-3 tbsp of water, your diced onion and minced garlic and let sauté until fragrant (about 5 minutes).
- 2 Turn the Instant Pot off and add in the rest of your ingredients.
- 3 Put the pressure cooker on manual high pressure (or pressure cook), make sure the sealing vent is closed and cook for 15 minutes. Let it naturally release pressure for 5 minutes.
- 4 Add salt and black pepper to taste when serving and pair up with white or brown rice.