

Quick Cooker Red Lentil & Spinach Soup

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Pampered Chef
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Ingredients

3 large carrots, peeled
2 stalks celery
1 medium onion
1 tbsp (15 mL) olive oil
2 garlic cloves
4 cups (1 L) vegetable stock
1 cup (250 mL) uncooked red lentils, rinsed
1 tsp (5 mL) ground cumin
1 bay leaf
½ tsp (2 mL) each salt and black pepper
5 cups (1.25 L) fresh baby spinach leaves
½ cup (125 mL) canned coconut milk
½ lime

Method

- Slice the carrots and celery with the Simple Slicer on the No. 3 setting. Cut the onion into chunks and place them in the Manual Food Processor; process until coarsely chopped.
- Set the Quick Cooker to SEAR and press START. Heat the oil for 3 minutes.
- Add the carrots, celery, onion, and garlic pressed with the Garlic Press. Cook uncovered for 4 minutes, stirring frequently.* Press CANCEL.
- Add the stock, lentils, cumin, bay leaf, salt, and pepper. Lock the lid and select the SOUP/STOCK setting. Adjust the time to 10 minutes and press START.
- When the timer is up, press CANCEL. Press the steam-release button to manually release the pressure.
- Carefully remove the bay leaf. Stir in the spinach, coconut milk, and juice from the lime pressed with the Citrus Press.* Let the mixture stand, covered, for 5 minutes before serving.

Yield:

6 servings

Nutrients per serving:

per serving (1 cup/250 mL): Calories 220, Total Fat 7 g, Saturated Fat 4 g, Cholesterol 0 mg, Sodium 490 mg, Carbohydrate 31 g, Fiber 7 g, Sugars 4 g, Protein 10 g

Cook's Tips:

Red lentils start out red, but turn pale yellow as they cook. They have a subtle flavor that complements the cumin, coconut, and lime in this soup.

Safety Tip: *The stainless steel inner pot will be hot during and after cooking. Use a long-handled utensil when stirring and removing food.



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