

Lentil Stew

Pressure Cooker Recipe

Ingredients:

- 1 1/2 cups dried lentils
- 1 large onion, chopped
- 2 large carrots, sliced
- 2 large ribs celery, chopped
- 3 garlic cloves, minced
- 1 large Yukon Gold potato, peeled and chopped
- 1/4 cup pearl barley
- 1/2 cup elbow pasta
- 6 1/2 cups boiling water
- 1 (6 ounce can) tomato paste
- 1 1/2 teaspoons salt
- 2 teaspoons seasoning of your choice



Preparation:

Measure and sort lentils. Place lentils in a small pot and cover with water. Bring to a boil for 5 minutes, then drain and rinse. Add rinsed lentils to pressure cooker with chopped vegetables, barley and pasta. Add boiling water and bring soup to a boil before securing lid. Stir boiling soup until all ingredients are thoroughly mixed. Secure lid and bring cooker to medium pressure. After pressure is reached, adjust heat to maintain temperature and set timer for 10 minutes.

Quick release lid and add tomato paste, salt and seasonings. Stir until paste is incorporated into soup.

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