



## Mediterranean Lentil Soup

### INGREDIENTS

1 tablespoon of olive oil	1/2 teaspoon of dried parsley
1/2 cup of red lentils	3/4 teaspoon of dried mint flakes
1 medium yellow onion	Pinch of sugar
2 garlic cloves chopped	2-2.5 cups of vegetable broth
1/2 teaspoon of ground cumin	Salt to taste
1/2 teaspoon of ground coriander	Black pepper to taste
1/2 teaspoon of ground sumac	Juice of 1/2 lime
1/2 teaspoon of red chili flakes or to taste	Parsley or cilantro to garnish

### METHOD

Press the saute button on your Instant Pot. Wait till it gets hot and then add olive oil to the pot.

Once oil is hot, add chopped onion and saute till it becomes light golden brown in color.

Add chopped garlic, ground cumin, ground coriander, ground sumac, red chili flakes, dried parsley, pinch of sugar and dried mint flakes.

Cook for 1-2 minutes, stirring constantly.

Add vegetable broth and give a stir.

Add the lentils and also add salt and pepper. Stir to mix.

Cancel saute mode and press Manual button on your IP. Adjust the timing and set it to 8 minutes on high. Once 8 minutes are up, wait for 5 minutes and then do quick release.

Stir the soup, add lime juice.

Serve the Mediterranean lentil soup with a side of pita bread!