

Instant Pot Lentil Stew

★★★★★
5 from 2 votes

This **Instant Pot lentil stew** recipe is cozy, comforting, a little bit smoky, and you will love the bacon! Let your electric pressure cooker do the heavy lifting for this tasty meal.

Prep Time 10 mins	Cook Time 30 mins	Inactive time 30 mins	Total Time 1 hr 10 mins
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Course: Main Course Cuisine: American Keyword: Instant Pot lentil stew Servings: 12
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Ingredients

- 12 strips bacon cut into small pieces
- 1 medium onion chopped
- 4 medium carrots peeled & chopped small
- 4 sticks celery chopped small
- 6 cloves garlic minced
- 2 pound uncooked green lentils
- 2 (14 fluid ounce) can tomato sauce
- 12 cups chicken broth
- 2 teaspoon smoked paprika
- 0.5 teaspoon ground cumin
- Salt & pepper to taste

Instructions

1. Cut the bacon into small pieces (I use kitchen shears) and add it to your Instant Pot. Press the sauté button and cook, stirring occasionally, until the bacon is just about crispy and the fat has been rendered out.
2. Meanwhile, prep the onion, carrots, and celery. When the bacon is ready, add them to the Instant Pot and continue sautéing for 4-5 minutes.
3. Stir in the garlic and cook for 30 seconds.
4. Add in the lentils, tomato sauce, chicken broth, smoked paprika, and cumin. Give it a good stir and ensure nothing is sticking on the bottom of the Instant Pot.
5. Close the lid, set the valve on "sealing", and set the timer to cook for 15 minutes on high pressure. It'll take about 10-15 minutes for the Instant Pot to get up to pressure.
6. Once the countdown has finished, let the pressure release naturally for 15 minutes, and then do a quick release for the rest of the pressure.
7. Season the stew with salt & pepper as needed. If you want this to be more of a soup (or you feel it needs more liquid in general), add in more chicken broth and press the "sauté" button to help it warm through.

Nutrition

Calories: 404kcal | Carbohydrates: 54g | Protein: 25g | Fat: 10g | Saturated Fat: 3g | Cholesterol: 15mg | Sodium: 1383mg | Potassium: 1299mg | Fiber: 25g | Sugar: 6g | Vitamin A: 3937IU | Vitamin C: 27mg | Calcium: 82mg | Iron: 7mg

