

## Red Lentils and Spicy Microgreens Soup

### Ingredients

- 1 tablespoon olive oil
- 1 large carrot, shredded
- 2 large celery, diced
- 1 small yellow onion, diced
- 1/2 teaspoon of minced garlic
- 1/4 teaspoon salt plus additional for taste
- 1/2 cup organic red split lentils
- 4 cups water or low sodium broth
- 1 teaspoon of turmeric
- 1 teaspoon of cayenne pepper
- 2 tablespoons of freshly squeezed lemon juice
- 1 handful of spicy microgreens

### Directions

1. In a 3 quart Instant Pot saute onions and garlic in olive oil. If using the Instant Pot this is on the Saute setting. This will take about 2-4 minutes.
2. Now add to the Instant Pot remaining ingredients and run the 10 minute pressure cooking setting.
3. Let the Instant Pot release pressure on its own. This should take about 10-15 minutes.
4. Once the pot is down with pressure release it is time to serve this soup up with a heaping handful of freshly cut microgreens.

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*Notes: 2 Servings*