

Lentil Soup



Ingredients

- 1lb dried lentils
- 2 carrots, peeled & diced
- 1 onion, peeled & diced
- 3 cloves garlic, peeled & minced
- 2 stalks celery, cleaned & diced
- 1 bay leaf
- 1 sprig fresh thyme
- 1 tsp. turmeric powder
- 2 tbsp. olive oil
- 6 cups chicken broth
- 1 tsp. freshly ground black pepper

Directions:

1. Place the inner pot into the Pressure Pro. Press the **BEAN/LENTIL** button.
2. Add the olive oil and vegetables and cook for 5 minutes.
3. Add the lentils and the rest of the ingredients.
4. Secure the lid and close the steam release valve.
5. Once the timer is done switch the pressure release valve to open. When the steam is completely released, remove the lid.
6. Carefully ladle the soup into the jars 1" from the top.
7. Using a flexible nonporous spatula gently press between the soup and the jar to release any trapped air bubbles.
8. Clean the rims with white vinegar and seal.
9. Place the jars into the clean inner pot and add water until the jars are covered $\frac{1}{4}$ of the way.
10. Secure the lid, close the steam release valve and press the **CANNING/PRESERVING** preprogrammed for 30 minutes then using the 1 minute button press until it reaches 45 minutes.
11. When the time runs out press the **CANCEL** button and then the **CANNING/PRESERVING** button and the time will be 30 min.
12. When the time runs out and the steam has been released, remove the lid and carefully remove jars using the canning tongs.