

Spinach and Lentil Soup

By Bob Warden's *Slow Food Fast*

1 cup dried lentils

2-4 stalks celery, chopped

2-4 carrots, chopped and peeled

2 TBSP olive oil

1 TBSP minced garlic

6 cups broth (I used vegetable but recipe calls for 4 cup chicken and 2 cups vegetable)

2 TBSP lemon juice

1tsp lemon zest

1 tsp cumin

1 bay leaf

1 bag frozen spinach, thawed (8-10 oz)

Salt and pepper to taste

Directions:

Add all ingredients (except spinach, salt and pepper) to pressure cooker and stir.

Lock pressure cooker's lid, set the cooker to HIGH and cook for 8 minutes.

Perform a quick release to release pressure and safely remove lid. Stir in the spinach, salt and pepper and enjoy.

Variation: May add one pound of chicken tenders (1" long chunks) to soup prior to cooking. Cooking time and all else is the same.