



INSTANT POT LENTIL TORTILLA SOUP

Makes 8 servings | Serving size: 1 ½ cups

PREP TIME
10 min

COOK TIME
40 min

TOTAL TIME
50 min

This soup is so hearty and the perfect meal for any weeknight dinner. It is bold flavor with just a hint of heat. I love being able to put all the ingredients into the pot and then just walk away.



Ingredients

- 1 pound lentils, rinsed and drained
- 2 tablespoons chipotle peppers in adobo sauce, chopped
- 10 ounces frozen corn
- 1 large white onion, diced
- 1 bell pepper, diced
- 64 ounces low sodium vegetable broth
- 1 (10-ounce) rotel
- 6 ounces tomato paste
- 2 (15-ounce) cans low sodium black beans

Optional Toppings

- Tortilla strips
- Avocado
- Cheddar cheese
- Salt and pepper to taste

Directions

1. Place all the ingredients, except black beans into the instant pot.
2. Turn the instant pot on high pressure and cook for 30 minutes.
3. After 30 minutes, naturally release for 10 minutes and then turn the vent to quick release.
4. Mix in canned black beans.
5. If you desire top with tortilla strips, avocado slices, or shredded cheese. Enjoy!

*Nutrition analysis done without toppings.