

Chadwick and Amy's Pork and Lentil Soup*

{Pressure Cooker Meal}

1 large onion (diced)

4 garlic cloves (minced)

2-3 stalks celery (cut into nice bite sized chunks)

2 carrots (sliced thick)

2-3 boneless pork chops

2 cans diced tomatoes

1 pkg mushrooms

6 -8 cups vegetable stock

1 cup dried rinsed lentils

2 tsp curry powder

2 tsp cumin

Salt/pepper (to taste)

2-3 good dashes cayenne pepper

3 Bay leaves

In your pressure cooker – set it to the sauté setting, and add ¼ cup extra virgin olive oil

Add onions and garlic – sauté until onions are translucent

Add celery and carrots – sauté for a few minutes

Add pork chops, diced tomatoes, mushrooms, vegetable stock, and lentils

Add all seasonings (curry powder, cumin, salt/pepper, cayenne pepper, bay leaves

Attach lid

Set to high pressure for 30 mins

When cooking is complete – allow natural pressure release

Break up the pork chops into nice bite size pieces

Stir, serve, and enjoy.

Serves well with toasted rye bread 🍞

*(we use a 6.5 quart electric pressure cooker – adjust ingredients to the size of yours)