




# Instant Pot Lasagna Soup

## Ingredients

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- 1 teaspoon olive oil
  - 1/2 onion chopped
  - 4 cloves of garlic chopped
  - 1 cup veggies – any combination (I used 1 green bell pepper and 2 small carrots)
  - 1/4 cup red lentils (uncooked)
  - 1 15 oz. can diced tomatoes or crushed tomatoes
  - 1 tablespoon tomato paste
  - 2 teaspoons Italian seasoning (or 1 teaspoon dried basil and 1 teaspoon dried oregano)
  - 2 cups water or veggie broth (2.5 to 3 cups for soupier or if using whole grain noodles or with more veggies)
  - 5 oz no boil lasagna sheets, broken into small pieces
  - Salt and pepper to taste
  - 1 cup packed spinach, optional
  - Mozzarella or plant-based mozzarella, grated (optional)

## Instructions

- Heat oil in Instant pot on sauté mode. When hot, add onion, garlic and a pinch of salt. Cook for 2 minutes, stirring occasionally.
- Add veggies and stir. Add red lentils, tomato, and Italian seasoning and stir. Add tomato paste and stir.
- Add lasagna sheets and water and mix in. (make sure to use small pieces and mix them in well else they tend to stick)
- Close the lid and pressure-cook on manual high for 5 minutes. Let the pressure release naturally for 10 minutes, then manually release carefully and open.
- Taste and adjust salt and add pepper. Fold in the spinach if using, let sit for a minute, and serve. Top with mozzarella or plant-based mozzarella for some cheesy mozzarella goodness!

ADAPTED FROM: VEGAN RICHA

SERVES 3-4