

Lentils

THM-Friendly: E

- 1 cup lentils
- 1 cup broth
- 1 - 15 oz. can tomato sauce
- 1/2 cup water
- 1/2 tsp. mineral salt

Add all ingredients to the Instant Pot.

Pressure cook on high for 9 minutes. Quick release.

Stir.

enJOY!

