

GREEN LENTILS



APPROX TIME: 30 MINUTES

INGREDIENTS

olive oil for sauteing

1/4 cup diced onion

1 cup green lentils (soaked for 24 hours)

1/2 tsp cumin

Salt/Pepper

1 cup chopped spinach

DIRECTIONS

- Press Saute (the "Normal" setting) and add tbsp olive oil
- Allow oil to heat for a minute or two (your Instant Pot will say HOT when the machine hits the desired temperature but you don't need to wait for that to start sauteing).
- Saute onion for a couple of minutes- until onions soften and brown a bit.
- Turn off the IP by pushing "cancel" and then carefully add about 1/4 cup of water to "deglaze" the onions (use a wooden or silicone spatula to gently loosen any onion that is stuck to the bottom as this may interfere with the machine pressurizing)
- Add soaked lentils, 1 tsp salt, 1/2 tsp cumin, 1/4 tsp pepper
- cover lentils with vegetable or chicken broth or water so they are just barely submerged
- Close lid. Use pressure setting for 10 minutes
- Then **Natural Release** pressure until float drops down
- Remove lid and stir spinach into the lentils. Replace lid but don't lock it. Let sit for 3 minutes so spinach can "wilt".