

## Mung Bean Dahl

1/2 cup dry mung beans  
2 cups Vegetable Stock  
2 tsp curry powder  
1/2 tsp salt\*  
1/2 tsp onion powder  
1/4 tsp garlic powder  
1/4 tsp black pepper

1 cup spinach

1. Add mung beans, stock, curry powder, salt, onion, and garlic to Instant Pot inner pot.
2. Secure lid in place > Turn valve to SEALING > Select MANUAL or PRESSURE COOK > Adjust time to X minutes > After 10 seconds display will read ON
3. When time has lapsed > Allow for NATURAL PRESSURE RELEASE for 10 minutes > QUICK RELEASE remaining pressure by turning valve to VENTING > Remove lid away from you
4. With a fork, smash about 1/4 to 1/3 of the beans and stir to thicken the sauce. Stir in spinach and allow to cook in the residual heat.

\*The homemade vegetable stock used in the recipe had no salt. If using stock with salt, reduce the amount of salt accordingly.