



## **Lentil and Farro Mini Meals for One (or Two)**

### **Lentils:**

1/2 cup lentils  
1 1/4 cup water or Vegetable Stock  
1/2 tsp dried oregano  
1/2 tsp medium chili powder  
1/2 tsp dried basil  
1/2 tsp salt  
1/4 tsp cumin powder  
1/4 tsp smoked paprika  
1/4 tsp onion powder  
1/4 tsp garlic powder  
1/4 tsp black pepper

### **Farro:**

1/2 cup farro  
1 cup water  
1/2 tsp Italian Herbs  
1/2 tsp onion powder  
1/2 tsp salt

1. Add lentil ingredients to 3-quart inner pot. Place trivet on top of lentils. Add farro ingredients to small stainless steel inner bowl. Place bowl on top of trivet.
2. Secure lid in place > Turn valve to SEALING > Press MANUAL or PRESSURE COOK > Adjust time to 12 minutes > After 10 seconds display will read ON
3. When time has lapsed > Allow for NATURAL PRESSURE RELEASE > Wait until silver button on lid drops > Remove lid away from you
4. Serve with your favorite veggies and sauce.