

Red Lentil Dal

1/2 cup red lentils
1/4 cup quinoa, rinsed
2 cups Vegetable Stock
1 tsp salt*
1/2 tsp cumin
1/2 tsp smoked paprika
1/4 tsp onion powder
1/4 tsp garlic powder
1/4 tsp curry
1/4 tsp black pepper
pinch turmeric
1/2 TB tomato paste

1. Rinse quinoa well.
2. Place all ingredients in Instant Pot inner pot.
3. Secure lid in place > Turn valve to SEALING > Select MANUAL or PRESSURE COOK > Adjust time to 6 minutes > After 10 seconds display will read ON
4. 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
5. Serve as is or top with your favorite veggies.

*the homemade stock used in this recipe has no salt. If using a salted stock, reduce salt accordingly.