



Yellow Split Pea Curry

1/2 cup split yellow peas
2 1/4 cup vegetable stock
1 TB nutritional yeast
3/4 tsp curry now
1/2 tsp Italian herbs
1/2 tsp cumin
1/2 tsp onion powder
1/2 tsp salt
1/4 tsp garlic powder
1/4 tsp smoked paprika
1/4 tsp chili powder

1. Add all ingredients to Instant Pot inner pot.
2. Secure lid in place > Turn valve to SEALING > Select MANUAL or PRESSURE COOK > Adjust time to 15 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 as is or serve over rice or quinoa.