



INSTANT POT SPINACH DAHL

Makes 7 servings | Serving size: 1 cup

PREP TIME
10 min

COOK TIME
30 min

TOTAL TIME
40 min

Making lentils in an instant Pot is a snap and I love being able to leave my kitchen to get other things done while dinner is cooking. Plus, with one pot it makes clean up a cinch!

Ingredients

- 1 pound lentils, rinsed and drained
- 1 13.66 ounce can lite coconut milk
- 32 ounces of vegetable broth
- ½ teaspoon chipotle chile pepper
- ½ teaspoon pepper
- 6 cups spinach
- ½ onion, diced



Directions

1. Place all the ingredients into the instant pot.
2. Turn the instant pot on high pressure and cook for 20 minutes.
3. After 20 minutes turn the vent and quickly release the pressure.
4. Serve over rice or with naan bread and enjoy! Enjoy!