Instant Pot Lentil Soup

INGREDIENTS

1 tbsp olive oil
2 yellow onions, diced
4 cloves garlic, minced
1 tbsp minced fresh ginger
4 stalks celery, diced
2 carrots, diced
1 tbsp curry powder
1 tbsp turmeric
1 tsp cumin
½ tsp pepper
1 cup red lentils
1 cup green lentils
1 (496mL) can coconut milk
1 28-oz. can diced tomatoes
2 cups vegetable broth
2 cups spinach, chopped

INSTRUCTIONS

Add all ingredients to Instant Pot in order that they are listed except spinach. Place lid on Instant Pot and make sure valve is set to seal. Press the pressure cook button and set to high and adjust time to 5 mins. Instant Pot will take about 20 minutes to come to pressure then pressure cook the 5 minutes.

Do a quick release of the pressure on the Instant Pot. Open the lid when pressure gauge has dropped. Remove 1 cup of the soup and blend in a blender once cooled, then add back to pot of soup. Stir in spinach, then serve with fresh bread and enjoy!

Adapted from https://eatinginstantly.com/the-best-instant-pot-lentil-soup/

Chocolate Avocado Pudding Dip

INGREDIENTS

2 medium avocados
6 tbsp cocoa powder
6 tbsp maple syrup
½-1 tsp sea salt (to taste)
½-1 tsp vanilla extract
Squeeze of lemon juice

INSTRUCTIONS

In a food processor blend all ingredients for 1-3 minutes until smooth. Serve or store in fridge for 4-5 days. Serve with toppings or dippers.

Adapted from https://paleoglutenfree.com/recipes/best-5-minute-chocolate-avocado-pudding/