



Lentil Stew – An Instant Pot Recipe*

Serves 6

Ingredients

- 2 tablespoons olive oil
- 1½ cups yellow onion, finely diced
- 3 cups (4 medium) carrots, diced
- 2½ cups (2 medium) zucchini, diced
- 1 teaspoon thyme, dried
- 1 teaspoon ground cumin
- ½ teaspoon kosher salt
- ½ teaspoon ground black pepper
- 1½ cups green lentils, rinsed
- 2 tablespoons garlic, minced
- 1 14.5-ounce can fire-roasted diced tomatoes, with juice
- 1 quart (4 cups) low-sodium vegetable broth



Directions

Drizzle the oil into the Instant Pot and set to SAUTE. Once hot, add the onions. Cook, stirring often, until the onions are very soft and beginning to brown, about 8 minutes. Add the carrots, zucchini, salt, cumin, thyme, garlic and pepper. Sauté until the vegetables are barely soft, about 2 minutes. Add the lentils, diced tomatoes and broth to the pot and stir. Cover and seal the cooker. Set to HIGH pressure for 15 minutes. Make sure the steam release valve is in the closed position. After 15 minutes, allow the pressure to release naturally, about 10 to 15 additional minutes. Adjust to desired thickness with additional broth or water.

*This can be easily prepared in a soup pot. Cook vegetables as directed above, adding the spices as directed above.

Once lentils, tomatoes, and broth are added, cover, and simmer until lentils are tender, about 35-45 minutes.



Recipe & Shopping List

**chef
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Shopping List

Produce

- 1 large yellow onion
- 4 medium carrots
- 2 medium zucchini
- 1 head garlic

Dry Goods/Grocery

- Olive oil or grapeseed oil
- 1 - 14.5-ounce can fire-roasted diced tomatoes, with juice
- 1 quart (4 cups) low-sodium vegetable broth
- Dried thyme
- Ground cumin
- Kosher or sea salt
- Ground black pepper
- Green lentils