



Instant Pot Kitchari

INGREDIENTS

½ cup long-grain white basmati rice
½ cup split yellow lentils, or red
1 tsp canola oil
⅓ tsp cumin seeds
½ onion finely chopped
2 cloves of garlic, minced
1-inch piece of ginger, grated
1 green chili, chopped
1 bay leaf or 6 curry leaves, optional
1 tsp coriander powder

½ tsp ground cumin
½ tsp garam masala, optional
½ tsp turmeric
¼ tsp cayenne, optional
2 star anise
1 tomato, finely chopped
2- 2 ½ cups water
½ tsp salt
1-2 cups chopped vegetables, such as cauliflower, broccoli, carrots
Lemon, cilantro, and yogurt to garnish

STEPS

1. Wash the rice and lentils and soak in hot water for 30 minutes.
2. Heat the oil in the instant pot and sauté cumin seeds for 30 seconds.
3. Add the onion, garlic, ginger, chili and curry leaves. Cook until onions are translucent, about 2 minutes.
4. Add the remaining spices, and tomato, and mix well. Cook for another 30 seconds.
5. Drain the rice and lentils and add to the pot. Mix well. Pour in the water, and then place the vegetables on top.
6. Cook on high pressure for 5- 6 minutes. Allow the Instant Pot to cool for at least 5 minutes before releasing all the pressure.
7. Mix everything together and serve with lemon, cilantro and yogurt.