

Instant Pot Buddha Bowl Sweet Potato, Garbanzo & Red Lentils

PREP TIME:

10 minutes

COOKING TIME:

17 minutes total

SERVES:

6

INGREDIENTS:

1 tbsp olive oil
1 1/2 cups / 1 medium onion, small dice
2 tsp / 4 cloves garlic, minced
1 Southwest Fiesta Blend
1/2 cup red lentils, rinsed
1 x 14oz can garbanzo beans, drained
4 cups / 2 whole / 12oz sweet potato, peeled and chopped 1/2" dice
1 can diced tomatoes
1 cup water
3/4 cup cooked rice

optional bowl toppings
sliced avocado, pumpkin seeds, cilantro, lime wedges

PREPARE:

heat oil in the Instant Pot on sauté function medium and sauté onion and garlic for 2 minutes

turn off the sauté function and stir in the Southwest Fiesta blend, lentils, garbanzo beans, sweet potato, diced tomatoes and water

secure the Instant Pot lid and turn the pressure valve to Sealing

press the Manual / Pressure button and adjust the cook time to 6 minutes (it will take 11 minutes to come up to pressure) and allow to cook

turn the dial to Venting and use Quick Pressure Release

