

ONE BITE

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Vegan Magazine

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VEGAN DETOX RECIPES
to RECOVER YOUR HEALTH

THE BEST VEGAN FOOD

» in Malawi «

NEW YEAR, NEW YOU:

CREATING HEALTHY HABITS IN 2020

+ WFPB RECIPES

A VERY VEGAN VALENTINES:
Sweet Treats for the One You Love

NOMINATE YOUR FAVORITE BLOGGER IN THE 2020 ONE BITE VEGAN FOOD BLOGGER AWARDS!

WIN A COPY of the 'WEEKNIGHT ONE POT
VEGAN COOKING' COOKBOOK

Lentil Quinoa Soup - Instant Pot

By Profusion Curry

Hearty and wholesome Instant Pot Lentil Quinoa Vegetable Soup is easy to make at home. This superfood packed soup is vegan, gluten free, WFPB compliant and low calorie high protein wonder meal.

INGREDIENTS

- 1 cup dry brown or green lentils washed and rinsed
- ½ cup quinoa rinsed
- 4 carrots chopped
- 2 stalks celery, chopped
- 1 onion, diced
- 3-4 cloves garlic, minced
- 6 cups water or broth
- 1 tsp curry powder
- ½ tsp turmeric powder
- ½ tsp Umami Seasoning Blend (optional)
- ½ tsp smoked paprika
- 1 tbsp lemon juice
- salt and pepper to taste

INSTRUCTIONS

1. Add all the ingredients to the Instant Pot. Stir.
2. Close the lid. Switch the vent to “sealing”. Choose MANUAL (Pressure cook) mode, choose High Pressure and adjust the time to 12 minutes.
3. It will take around 10 minutes to get up to pressure.
4. When the InstantPot beeps after cooking, wait on KEEP WARM timer for 5 minutes. Then move the valve to “venting”. After the pressure is released and pin is down, carefully open the lid.
5. Give the soup a good stir. Adjust the seasoning. Squeeze a quarter of lemon or stir in lemon juice. Adjust the seasoning. Add some fresh cracked black pepper on top and garnish with fresh herbs... And devour!!

STOVE-TOP INSTRUCTIONS:

1. Warm up the heavy-bottomed saucepan on medium heat. Add all the ingredients and cook on medium until lentils are soft (about 30 minutes).
2. Do check and stir every 10 minutes so things don’t burn on the bottom layer.

SLOW-COOKER INSTRUCTIONS:

1. Put all ingredients in your slow cooker. Cover the pot. Set the timer for 6 hours and let it cook. Give it a good stir before serving.



Pranjali

Pranjali is a recipe creator and member of the family behind profusioncurry.com. Their blog is a platform for them to share their recipes and adventures, as they hope to enlighten their followers to the possibility of a blissful and fulfilled vegan/sustainable lifestyle.

Website: profusioncurry.com

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