

# VEGAN INSTANT POT COOKBOOK

NOURISH YOUR BODY WITH 100 EASY PLANT BASED RECIPES



OLIVIA MASON

# **Vegan Instant Pot Cookbook**

Nourish Your Body with 100 Easy Plant Based Recipes!

Olivia Mason

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## DEDICATION

To my family and friends.

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## Introduction

Welcome to my vegan instant pot cookbook consisting of 100+ quick and easy recipes that will help you nourish your body and feel energetic every day. Let me share all my favorite and amazing recipes with you, so you can make these delicious meals for your family and friends. In this cookbook you will also discover what the instant pot is all about and how easy it is to use.

Let me start by saying that I love my instant pot! That is definitely the kitchen tool I can't live without.



## What is an Instant Pot?

Instant pot is one of the greatest inventions in the food industry that not only saves time, but also allows you to prepare recipes that will spice up your day. Whether it is breakfast, lunch, dinner, snack or dessert that you wish, instant pot is there for you! Especially if you are busy mom, dad or just working person, it will do wonders with your insane schedule.

With the instant pot, you have the freedom to get your food cooking, then go about your day. The entire gadget is designed to run off a timer, and the pot will change its pressure and heat based on the setting you have chosen.

Though the food and the pot itself can get very hot, it's always nice to know that you can enjoy cooking with the item rather than having to stress about watching the food the entire time you are cooking in the kitchen.

## Instant Pot Features

If the instant pot earns a spot in your kitchen, you'll probably start relying on it more than any other cooking appliance. The specific functions of your instant pot will vary based on which model you purchase, but these are the basic programs that will be present in most models:

- Slow cooker
- Pressure cooker (you can cook on high or low pressure, or choose specific pressure setting, like stew)
- Rice cooker
- Steamer
- Sauté/browning
- Yogurt maker
- Warmer

Many models also come with additional programs, including cake maker and sterilizer. Depending on the size and type of your model, you can insert certain types of dishes directly into the appliance, including cupcake molds or springform pans. You can also use aluminum foil to separate certain ingredients in your instant pot.

The device also features a timer and various settings for whether you want to set to cook on low, medium, high, or keep warm.

## Types of Instant Pots

You can choose from about 20 different instant pot models and sizes ranging from 3-quarts to 8-quarts. The 3-quart size is ideal for a small family of two to three people, the 5-quart and 6-quart sizes are ideal for four to six, and the 8-quart is large enough for families with six or more. Some instant pot models, like the smart bluetooth version, allow you to monitor and control your instant pot with the smart phone or tablet. Here are the different models I recommend you to choose from:

- Instant Pot Max
- Instant Pot Ultra
- Instant Pot Duo
- Instant Pot Duo Plus
- Instant Pot Lux (comes in red and blue also)
- Instant Pot Nova
- Instant Pot Nova Plus
- Instant Pot Viva
- Instant Pot Smart Bluetooth

## Instant Pot Benefits

The technology of the instant pot makes it the perfect appliance for anyone to use, no matter how much you or your family think you can't cook! There are just three little things you need to do:

- Choose one of my amazing recipes.
- Gather the ingredients and get them all prepped.
- Put the ingredients into the instant pot– choose one of the multiple settings... and walk away until you hear the timer.

### **Cooking rice became much easier**

You may think that sticking to your old way of cooking rice on the stovetop is faster and easier than using the instant pot. You'll want to rethink that old cooking method! Using the instant pot is not only faster and easier on the cleanup, but you'll also never mess up the rice again when you don't get the proportions of rice to water just right. The pressure cooker cooks rice perfectly each time.

### **Read the digital screen**

With the instant pot, you can use the digital screen, so there's no more guessing what the pressure level is inside the pot! Make sure you take advantage of this handy little feature.

### **Make your favorite dessert**

Whip up the batter for a cheesecake or brownies and layer the batter in the same pan you'd pop in the oven. But instead of using the oven, place that pan on the steaming rack or trivet that comes with the instant pot, which will hold the pan securely. Set the function to cake, and your favorite dessert will be done in no time.

# Breakfasts

# Breakfasts

# Breakfast Rice Bowls

Serves: 4

Cooking time: 20 minutes

## Ingredients

- 2 cups short grain brown rice
- 1 1/4 cup water
- 1 cup full fat coconut milk
- 1 tsp cinnamon
- toppings of choice

## Instructions

1. Combine the rice, water, coconut milk, and cinnamon in the instant pot (see notes for alternative stovetop instructions). Secure the lid with the valve set to “sealing” then cook on manual for 23 minutes.
2. When the time is up, allow the pressure to release naturally before removing the lid. Stir/fluff up the rice.
3. To serve, scoop some warm rice into a bowl and finish off with your favorite toppings.

# Acorn Squash Breakfast Bowls

Serves: 4

Cooking time: 5 minutes

## Ingredients

- 1 whole acorn squash, cut in half lengthwise (through the stem) and seeds removed
- 1 container vanilla yogurt of choice
- ½ cup granola
- 1-2 tbsps raw almond butter (or any nut or seed butter)
- 2 tsps maple syrup
- ¼ tsps ground cinnamon
- sprinkle of hemp seeds or chia seeds

## Instructions

1. Add ½ cup water to your instant pot and place the steamer basket inside. Place the cut and seeded acorn squash flesh side up in the instant pot. You can sprinkle with a little salt if desired. Secure the lid and make sure the pressure valve is set to sealing. Set to manual (high pressure) for 5 minutes.
2. When cooking is complete you can either let it come to pressure naturally or perform a quick release if you are in a hurry. I found that with such little liquid it came back to pressure quickly. Allow to cool before handling or use two forks to gently lift. If making the squash ahead of time allow the squash to fully cool then store in an airtight container in your refrigerator for up to 4 days.
3. To serve, make sure the acorn squash is warm or hot. Then, divide the yogurt container between the two cooked halves in the "well" of the acorn squash. Place ¼ cup granola on each half (on top of the yogurt). Drizzle almond butter and maple syrup on top. Sprinkle with cinnamon and hemp seeds or chia seeds. You may want to add an optional sprinkle of salt if you didn't use salt when cooking the acorn squash to help bring out the flavors. I sometimes add a small amount of vegan butter too but this is not necessary. Get creative and

customize it to your liking. There is no wrong way to build your acorn squash breakfast bowl.

4. Serve with a spoon and be sure to get a little bit of each ingredient in every bite for the optimal experience.



# Chocolate Instant Pot Steel Cut Oats

Serves: 4

Cooking time: 10 minutes

## Ingredients

- 1 cup / 176g / 6.2 oz steel cut oats
- 3 medium bananas (don't use large bananas as it will make the mixture too thick for the IP to handle)
- 3 tbsps cocoa
- 3½ cups / 840 mls / 28 fl oz water, or use half non-dairy milk, half water.

## Instructions

1. Add the oats, water and cocoa to the Instant Pot and stir well.
2. Mash the bananas with a fork until a puree. A few small chunks are ok. Add them on top of the other ingredients and DO NOT stir.
3. Put the lid on, make sure the steam vent is sealed and set to manual, high pressure, for 9 minutes. Then leave the pressure to release naturally.
4. Once the pressure has been released and the pin has dropped, remove the lid and stir the oatmeal really well before serving. It will thicken up as it cools. You can add more water or milk before serving for a looser texture if you want.

# Miso Breakfast Oats

Serves: 4

Cooking time: 10 minutes

## Ingredients

- 1/2 cup steel cut oats uncooked
- 1 cup unsweetened almond milk
- 1 cup water
- 1 cup frozen chopped kale
- 1 tbsp miso paste
- 4 tbsps nutritional yeast
- 1 tsp tamari
- 1 tbsp tahini
- 1/2 avocado diced
- 2 green onions sliced

## Instructions

1. Place the steel cut oats, water and almond milk in your instant pot and cook for 8 minutes. When the oats have finished cooking, allow the pressure to automatically release for 6 minutes, then manually release.
2. Set your instant pot to saute, and stir in the frozen kale, miso paste, tahini, tamari and nutritional yeast. Cook while stirring for 2-3 minutes to heat up the frozen kale.
3. Divide the oats between 2 bowls and top with avocado and green onions.

# Buckwheat Porridge

Serves: 4

Cooking time: 25 minutes

## Ingredients

- 1 cup raw buckwheat groats
- 3 cups rice milk
- 1 banana sliced
- 1/4 cup raisins
- 1 tsp ground cinnamon
- 1/2 tsp vanilla
- chopped nuts optional

## Instructions

1. Rinse buckwheat and place in the instant pot.
2. Add rice milk, banana, raisins, cinnamon and vanilla and close lid.
3. Be sure the steam release is in the closed position and manually select 6 minutes high-pressure cooking time.
4. When timer beeps at the end of the cooking cycle, turn pot off and allow time for the natural release of pressure (about 20 minutes.)
5. Once pressure is released, carefully open lid and stir porridge with a long handled spoon.
6. Add more rice milk to individual servings to achieve preferred consistency. Sprinkle with chopped nuts if desired.

# Risotto with Peas and Artichokes

Serves: 4

Cooking time: 25 minutes

## Ingredients

- 2 tbsps extra virgin olive oil
- 1 small yellow onion, peeled and diced
- 3 cloves garlic, minced
- 1 1/2 cups arborio, carnaroli, or vialone rice
- 4 cups vegetable stock, plus more if needed
- 1 1/2 cups frozen peas, thawed
- 1 (12 oz.) jar artichoke hearts, drained
- salt, to taste
- freshly ground black pepper, to taste
- 1/4 cup nutritional yeast or a pinch of truffle salt (optional)
- fresh Italian parsley or basil, for garnish (optional)

## Instructions

1. Heat the olive oil in the instant pot with the saute mode. Add the onion and saute until tender and golden brown, about 5 minutes. Add the garlic and saute another minute longer. Add the rice and stir to toast for about one minute. Add the vegetable stock. Place the lid on the instant pot and make sure the valve is set to sealing. Cook on manual for 5 minutes.
2. Quick release the pressure by carefully and slowly pulsing the valve to venting so that the juices don't spray out. Remove the lid away from you. Stir the risotto and add more broth if needed to loosen it up. Stir in the peas and artichokes. Season with salt and pepper. Lock the lid back on for a few minutes to heat up the peas and artichokes. Stir again and season to taste with salt and pepper, and nutritional yeast, if using.

# Vegan Chili

Serves: 4

Cooking time: 15 minutes

## Ingredients

- 1/2 tbsp olive oil
- 1 yellow onion, diced
- 15 oz can black beans, drained and rinsed
- 15 oz can sweet corn, drained and rinsed
- 2 tbsps tomato paste
- 2 tbsps taco seasoning
- 1/2 tsp sea salt (add more if desired)
- 1 cup tomato sauce
- 15 oz can diced tomatoes
- 3 cups vegetable broth
- 6 oz lasagna noodles, broken into smaller pieces

## Instructions

1. Heat olive oil in the instant pot on sauté mode. Once it says “hot,” add onion and cook 2-3 minutes.
2. Add black beans, corn, tomato paste, taco seasoning, salt. Stir to combine well.
3. Add tomato sauce, canned tomatoes, broth, and lasagna noodles. (Don’t forget to break up your noodles prior to adding them!) Stir and submerge lasagna noodles.
4. Close the lid and set to pressure cook on manual-high for 3 minutes. After 3 minutes, release the pressure valve and let rest for 10 minutes.
5. Open carefully and give the soup a stir. Serve and enjoy!

# Butter Chickpeas

Serves: 4

Cooking time: 35 minutes

## Ingredients

- 2 cups dried chickpeas, soaked overnight
- 2 tbsps oil of choice
- 1 onion, diced
- 3 tsps minced garlic
- 1 tsp minced ginger

## *Spices:*

- 1 ½ tsp garam masala
- 1 tsp coriander powder
- 1 tsp paprika
- 1 tsp salt
- 1 tsp turmeric
- ¼ tsp black pepper
- ¼ tsp cayenne, adjust to taste
- ¼ tsp ground cumin
- 1 (15 ounce) can tomato sauce
- 1 ½ cups water

## *Add later:*

- 1 green bell pepper, chopped into large pieces
- ½ cup (unsweetened) cream from the top of a can of full-fat coconut milk
- pinch of dried fenugreek leaves (kasoori methi)
- cilantro, garnish

## Instructions

1. Soak the chickpeas in cold water overnight. Drain, rinse and set aside.
2. Press the sauté button. Add the oil and allow it to heat it up for a minute. Add the onion and stir-fry for 6-7 minutes, or until the onion

begins to brown.

3. Add the garlic, ginger and spices stir, then add the chickpeas, tomato sauce and water.
4. Secure the lid, close the pressure valve and cook for 35 minutes at high pressure.
5. Naturally release pressure.
6. Add the bell pepper, cream and fenugreek leaves to the pot and mix well.
7. Garnish with cilantro and serve.

# Simple Steel Cut Oats

Serves: 4

Cooking time: 25 minutes

## Ingredients

- 2 cups steel cut oats (certified gluten-free, if necessary)
- 4 to 5 cups water

## Instructions

1. Combine the steel cut oats and water in the bowl of your instant pot and give them a stir. Use 4 cups of water for thicker oats, or 5 cups of water for more of a porridge-like texture. Cover with the lid and make sure you turn the vent at the top to "sealing."
2. Press the manual button and then lower the time to 4 minutes on high pressure. The cooker will automatically start.
3. After the Instant Pot beeps, allow the pressure to naturally release for 20 minutes. (The timer on the instant pot will remain on after the cooking cycle to let you know how long it's been kept warm, unless you press the off button. I like to keep it on for the timer function.)
4. Once the 20 minutes have passed, turn the vent to the "venting" position to release any remaining pressure. Carefully remove the lid and stir the oats to incorporate any water that has risen to the top. They should be nice and thick, with a porridge-like texture.
5. Serve warm with maple syrup, cinnamon, and a splash of non-dairy milk, if desired. Leftover oats can be stored in individual containers in the fridge for up to a week, for a fast breakfast on the go.



# . Pumpkin Coffeecake Steel-Cut Oatmeal

Serves: 4

Cooking time: 5 minutes

## Ingredients

### *Instant Pot Ingredients:*

- 4 1/2 cups water
- 1 1/2 cups steel-cut oats
- 1 1/2 cups pumpkin puree or 1 15 oz can
- 2 tsps cinnamon
- 1 tsp allspice
- 1 tsp vanilla

### *Coffee Cake Topping:*

- 1/2 cup coconut sugar or brown sugar or sweetener of choice, to taste
- 1/4 cup pecans or walnuts chopped
- 1 tbsp cinnamon

## Instructions

1. Add all the instant pot ingredients to your stainless steel insert and put it into the base. Secure the lid and make sure the valve is closed. Set on manual and cook for 3 minutes.
2. While the oats are cooking, mix all the topping ingredients together and store in an airtight container.
3. Once the oats are cooked, allow the pressure to come down naturally. Once the silver pressure indicator goes down you can open the lid.
4. Serve sprinkled with topping and/or your favorite nondairy milk!

# **. Candied Cajun Trail Mix**

Serves: 4

Cooking time: 15 minutes

## **Ingredients**

- 1 1/2 cups raw pecans halves
- 1 cup raw almonds
- 1 cup or more (10 ounces) drained chickpeas
- 1/3 – 1/2 cup cashews
- 1/4 cup raw sunflower seeds
- 2-3 tbsps butter or non dairy (vegan) butter
- 1 tbsp of water (optional)
- 1/2 cup pure maple syrup
- 1/2 to 1 tbsp spicy cajun seasoning or mix (you can also use use 1/4 to 1/2 tsp each of cayenne, garlic, onion powder, paprika, and pepper)
- pinch of ground ginger
- pinch of sea salt
- 6 ounces regular dried mango or spicy chili dried mango to add after (if desired)

## **Instructions**

1. Place all ingredients, minus the dried fruit, into the instant pot. Mix thoroughly.
2. Saute with plastic spatula until butter is melted and nuts/ chickpeas are coated with the seasoning and maple syrup. If batter seems too sticky/thick, once sautéing, add the 1-2 tbsp water.
3. Switch pressure cooker to manual cooking mode for 10 minutes.
4. Use the quick release once cooking is done.
5. Remove from pot & spread the nut mix onto a lined cooking sheet. Bake at 375 F. for and extra 5-10 minutes; turning nuts/seeds halfway. This is to get it the trail mix extra crunchy! Cooking longer

than 10 might burn the nuts. The chickpeas will be a little less cooked but still tasty!

6. Remove from oven and let cajun trail mix completely cool.
7. Lastly, dice mango into small pieces. Then add to trail mix and stir to combine. It's easiest to do this in large ziplock or air tight container. If you are using plain dried mango, feel free to add more spices to the mix to coat.
8. Store in airtight container.

# **. Mushroom Thyme Risotto**

Serves: 4

Cooking time: 5 minutes

## **Ingredients**

- 1 tbsp olive oil (or preferred oil)
- 2 tbsps vegan butter, divided
- 1 medium onion, diced
- 3 cloves garlic, minced
- 8 oz cremini mushrooms dry brushed & diced
- 3/4 tsp dried thyme
- 1 1/2 cups arborio rice
- 1/2 cup dry white wine
- 4 cups vegetable broth , low sodium
- 1 1/4 tsp sea salt, more to taste
- fresh ground pepper to taste
- 1 cup frozen peas, thawed
- 3-4 tbsps vegan parmesan cheese (optional)

## **Instructions**

1. Turn on the sauté feature of your instant pot and add the oil one tablespoon of butter. When heated, add the onions and sauté until slightly translucent, about 2-3 minutes.
2. Add the garlic and thyme. Sauté for 1 minute.
3. Now add the mushrooms and sauté for 3-4 minutes until tender.
4. Add the rice and stir to coat well.
5. Pour in the wine and cook until the liquid mostly cooks down. About 2 minutes.
6. Stir in the broth, salt, and pepper then close and secure the lid. Turn the steam release handle to the Sealing position.
7. Cancel the Sauté function and push the pressure cooker (manual setting) button to high pressure. Set the time to 6 minutes by using

the + or - button. The screen will then display ON while the preheating is in progress (this could take 7-10 minutes). When the Instant Pot has come to pressure, you'll see the 6 minutes displayed on the screen again.

- 8.** The cooker will beep when the time is up. Carefully turn the steam release handle to the venting position for a quick release (it will loudly spurt out lots of steam and some water). Once the float valve goes down you can carefully open the lid.
- 9.** The risotto will look soupy when you first remove the lid. Just give it a few good stirs and it will thicken up. Stir in the peas, remaining butter, and vegan parmesan. Taste for seasoning and add if needed.
- 10.** Serve immediately with fresh-cut parsley, crushed red pepper flakes, and fresh cracked pepper. Enjoy!

# **. Sage & Nutmeg Butternut Squash Risotto**

Serves: 4

Cooking time: 10 minutes

## **Ingredients**

- 1 2-3 pound (1-1.5k) butternut squash (or 4 cups, 750g, of diced squash)
- 2 tvsps olive oil
- 2 sprigs sage, leaves removed
- 4 garlic cloves, whole
- 2 cups (360g) arborio rice
- ¼ cup (75ml) white wine
- 4 cups (1L) water
- 2 tsps sea salt
- 1 tsp nutmeg, freshly ground

## **Instructions**

1. Slice the squash in half and peel with a potato peeler. Using a spoon scoop out the seeds and discard (or save to roast later). Slice the squash in ¾" pieces.
2. Measure out 4 cups (1L pitcher) of cubes and put any extra in the freezer to use for your next recipe - no winging it, we need to keep careful track of the liquid that goes into the pressure cooker.
3. Add the olive oil the pre-heated pressure cooker and sprinkle in the sage leaves and garlic cloves. Remove a few of the sage leaves when start to look polka-dotted (they are crispy) to use as garnish and set them aside on a paper towel.
4. Remove the garlic cloves when they are golden and set aside.
5. Add just enough squash cubes to cover the base of the cooker, and coat them with the sage, and olive oil.
6. Leave the cubes undisturbed for about 4 minutes while one side of the cubes browns and caramelizes.

7. Push the squash aside and add the rice and toast it for a couple of minutes.
8. Splash with wine and let it evaporate completely then add the rest of the squash cubes, toasted garlic cloves, water and salt - mix them well.
9. Close and lock the lid of the pressure cooker.
10. For electric pressure cookers: cook for 5 minutes at high pressure.
11. For stove top pressure cookers: turn the heat up to high and when the cooker indicates it has reached high pressure, lower to the heat to maintain it and begin counting 6 minutes pressure cooking time.
12. When time is up, open the cooker by releasing the pressure through the valve.
13. Mix well and serve each dish with a fresh dusting of nutmeg and reserved fried sage leaves.

# **. Chana Saag**

Serves: 4

Cooking time: 40 minutes

## **Ingredients**

- 3/4 cup dried chickpeas soaked for atleast 4 hours in warm water
- 1 tsp oil
- 1/2 medium onion finely chopped
- 1 hot green chile finely chopped
- 4-5 cloves of garlic minced
- 1 inch ginger peeled and minced
- 1/2 tsp each ground cumin garam masala, paprika
- 1 tsp ground coriander
- 15 oz can tomatoes or 2 large tomatoes diced
- 1.5 cups water 1 cup for less stewy dish
- 3/4 tsp or more salt
- 2-3 packed cups chopped spinach chard or combination greens (10 to 12 oz)
- 1 cup non dairy milk thicker milks do better like coconut milk or cashew milk or soy milk, or use almond milk blended with 2-3 tbsps cashews
- 1 tbsp or more lemon juice
- cayenne and garam masala for garnish

## **Instructions**

1. Drain the soaked chickpeas, wash well, drain and set aside.
2. Press saute on the instant pot. Let the pot get hot for 2 mins. Add oil and spread using a spatula.
3. Meanwhile. Mince and mix together or process the onion, ginger, garlic and hot chile. Add to the hot oil. Cook for 3 to 4 minutes, stirring frequently.



4. Add the spices (cumin, garam masala, paprika, coriander) and mix in. Add the tomatoes and bring to a boil. Mash the larger pieces.
5. Add washed and drained chickpeas, salt and water. Close the lid and put the knob on sealing.
6. Press manual for 25 to 30 minutes. I usually cook for 30 minutes to be on the safe side as older chickpeas take a bit longer to cook.
7. Quick release after 10 mins. Press saute. Fold in the greens and non dairy milk. Taste and adjust salt. Cook for 3 to 5 minutes.
8. Add cayenne and lemon juice and mix in. Serve hot over rice or with roti or naan.

# **. Chana Masala**

Serves: 4

Cooking time: 25 minutes

## **Ingredients**

- 1 cup raw chickpeas/ cholay / chana to be soaked
- 3 tbsps cooking oil
- 1 cup chopped onions
- 1 bay leaf
- 1 tbsp grated garlic
- ½ tbsp grated ginger
- 1.5 cups water
- 2 cups fresh tomato puree
- 1 tbsp roasted chickpea flour

## ***Spices needed:***

- 1 green chilly finely chopped
- ½ tsp turmeric
- 1 tsp coriander powder
- 2 tsps chili powder
- 1 tsp cholay / chana masala

## ***To be added later:***

- 2 cups chopped baby spinach
- salt to taste
- fistful of chopped fresh cilantro
- lemon

## **Instructions**

1. Wash chickpeas in a mesh under cold running water for 30 seconds.
2. Now soak chickpeas in 2 cups water for 8-10 hours or overnight.
3. Next day before cooking drain out all the excess water from soaked chickpeas .

4. Switch on the instant pot on sautee mode. After 3 minutes add in 3 tbsps cooking oil .
5. Add in the onions and cook for 2 minutes or until translucent.
6. Add in the bay leaf, green chilly, ginger, garlic paste and cook it for 20 seconds .
7. Add in the chana masala, turmeric, chili powder, coriander powder along with 1 tbsp water to avoid masala to burn.
8. Sautee it for 10 seconds.
9. Add in roasted chickpea flour/ besan and sautee for 10 seconds.
10. Now add in the tomato puree, drained chickpeas and 1.5 cups of water and mix well.
11. Now close the lid and choose 15 minutes on manual mode high pressure.
12. Position the steam release to sealing.

# . Eggplant Sambar

Serves: 4

Cooking time: 30 minutes

## Ingredients

- 1 tsp safflower or other neutral oil
- 1/2 tsp black mustard seeds
- 1/4 tsp fenugreek seeds, optional
- 2 dried red chilies, optional
- 10 curry leaves coarsely chopped
- 3 cloves garlic chopped
- 1/2 cup chopped red onion or sliced pearl onions
- 1 tbsp sambhar powder or use 2 tsp coriander powder + a good pinch of cumin cayenne, black pepper
- 2 medium tomatoes chopped (1 1/2 cups)
- 1/2 tsp ground turmeric
- 1 to 2 cup chopped eggplant or use other veggies
- 1/2 cup chopped green bell pepper or 1/2 cup chopped carrots
- 1 tsp salt
- 1 cup split pigeon peas toor dal, or split peas, washed and soaked for 15 minutes and drained
- 2.5 cups to 4 cups water, more for saucepan
- 1 to 2 tps tamarind paste concentrate or 1 tbsp tamarind pulp
- cilantro and lemon for garnish

## Instructions

1. Heat the oil in the instant pot or lressure cooker on saute (medium heat). When the oil is hot, add the mustard seeds, and cook until they start to pop, about 10 seconds. Add the fenugreek seeds, red chiles, and curry leaves carefully, and cook for a few seconds. Add the garlic and onion and cook until translucent, about 5 minutes.
2. Add the sambhar powder, mix, and cook for half a minute. Add tomatoes, turmeric, and mix. Cook until the tomatoes are saucy, 6 to

8 minutes. Add the vegetables and mix in.

3. Add the drained split peas, salt, tamarind and water. Mix, close the lid and cook for 10 to 15 minutes (longer for split peas). Let the pressure release naturally. Add more tamarind extract if needed. Taste and adjust salt and heat. Add a pinch of sugar to balance the tang if needed. Garnish with cilantro and lemon juice. Serve as a soup or over rice or with dosa crepes or steamed rice cakes.

# **. Lentil Brown Rice Soup**

Serves: 4

Cooking time: 45 minutes

## **Ingredients**

- 1/2 cup brown lentils
- 1/3 cup brown rice uncooked rice
- 1 tsp oil
- 1/2 tsp cumin seeds
- 1/2 tsp mustard seeds optional or use 1/2 tsp ground mustard later
- 1 bay leaf
- 1/2 medium onion chopped
- 4 cloves of garlic finely chopped
- 1 inch ginger finely chopped
- 1 green chile chopped
- 1/2 tsp turmeric
- 1/2 tsp paprika
- 1/2 tsp garam masala or curry powder or use other spice blends like taco spice, berbere, cajun etc
- 1 tsp coriander powder
- 1/4 tsp chipotle pepper
- 1/4 tsp black pepper
- 1.5 cups diced tomatoes
- 2 tsps ketchup optional
- 1 tsp lemon juice
- 2 cups of veggies (I used bell pepper, carrots, broccoflower - Romanesco broccoli)
- 3/4 tsp salt
- 1 cup chopped or baby spinach
- lemon juice garam masala and cayenne for garnish

## **Instructions**

1. Wash and soak the lentil and rice if you haven't yet. (Soak for at least 15 minutes before using).
2. Heat oil in a saucepan or a pressure cooker over medium heat. When hot, add cumin seeds, mustard seeds and cook until fragrant or they change color.
3. Add bay leaf, onion, garlic ginger, chile and cook until translucent about 5 mins.
4. Add the spices and mix in. Roast for half a minute.
5. Add the tomatoes and splash of water and cook until the tomatoes are saucy. Mash the larger pieces. Add lemon juice, ketchup, veggies, salt and mix in.
6. Drain and add lentils, rice, water/broth and mix in.
7. Cover and cook for 40 minutes or longer until tender in the saucepan. If using pressure cooker, pressure cook for 16 to 18 mins on stove top (manual 20 minutes in instant pot with natural release).
8. Fold in the spinach in the last 5 minutes, or when you open the pressure cooker and the soup is hot.
9. Add a sprinkle garam masala, cayenne to taste and more lemon if needed. Serve with crackers or papaddum.

# **. Black Eyed Pea & Cauliflower Stew**

Serves: 4

Cooking time: 30 minutes

## **Ingredients**

- 3/4 cup black eyed peas soaked for at least half an hour in warm water
- 1 tsp oil
- ½ a medium onion chopped
- 5 cloves of garlic chopped
- ½ inch ginger finely chopped
- 1/2 tsp garam masala or 1 tsp sambhar masala, or use ½ tsp cumin + ½ tsp coriander
- 1/2 tsp ground coriander
- 1 tsp turmeric (use less if you are sensitive to the flavor)
- ¼ to ½ tsp cayenne
- 2 tbsps shredded coconut dried or fresh
- 2 juicy tomatoes pureed or 1¼ cup
- 1.5 cups or more veggies chopped small (I use small cauliflower florets and cubed potato or sweet potato)
- ¾ tsp or more salt
- 2 cups water
- lemon for garnish

## ***Tempering:***

- 1 tsp oil
- 1/2 tsp cumin seeds
- 10 curry leaves fresh are best

## **Instructions**

1. Press saute on instant pot and let it get hot. Add oil and spread using a spatula. Add onion, garlic, ginger and cook for 5 mins.
2. Add the spices and coconut and mix in. Cook for a minute.



3. Add pureed tomato. Mix and bring to a good boil. Add the veggies and mix in.
4. Add drained black eyed peas, water and salt and mix in. Close the lid and cook on manual for 12 to 15 minutes.
5. Let the pressure release naturally. Open the lid, add a dash of lemon. Taste and adjust salt, spice and heat.
6. Make the tempering. Heat oil in a small skillet. When hot, add cumin seeds and let them change color. Add curry leaves carefully (they will splutter), then take off heat. Add the tempering over the curry. Serve as a soup in a bowl or over rice or other grains of choice, or with flatbread, naan or pita bread.

# **. Brown Rice Coconut Chickpea Curry**

Serves: 4

Cooking time: 30 minutes

## **Ingredients**

### ***Chickpeas:***

- 3/4 cup uncooked brown chickpeas optionally soaked for 4 hours
- 2 cups water
- 1/2 cup shredded coconut fresh (thawed if frozen) or dried + more for garnish
- 1 tsp oil
- 1/2 tsp mustard seeds
- 6 curry leaves optional
- a good pinch of asafetida / hing optional, use certified gluten-free if needed
- 1/2 medium onion finely chopped
- 4 cloves of garlic finely chopped
- 1 tbsp finely chopped ginger
- 2 tsps ground coriander
- 1/2 tsp ground fennel
- 1/4 tsp cinnamon
- 1/4 tsp cardamom
- 1/4 tsp cloves
- 1/3 to 1/2 tsp cayenne
- 1/2 tsp turmeric
- 2 tomatoes chopped
- 3/4 tsp or more salt

### ***Optional tempering:***

- 1 tsp oil
- 1/4 tsp mustard seeds
- 2 dried red chilies

## Instructions

1. Bring the brown chickpeas to a boil in 1 cup of water. Discard the water.
2. Pressure cook the chickpeas with 2 cups of water for 20 minutes in stove top and 25 to 30 minutes in electric (manual 30 minutes in the instant pot). Let the pressure release naturally.
3. Heat a small skillet over medium heat. Add coconut and toast for 2 to 3 minutes until golden. Stir occasionally to avoid burning. Blend with 2 tbsp of water until most of the coconut breaks down and set aside.
4. Heat oil in a skillet over medium heat. When hot, add mustard seeds and let them start to sputter. Add curry leaves and asafetida and cook for few seconds. They will sputter, so be careful.
5. Add the onion, garlic, ginger and cook until translucent.
6. Add the ground spices and mix well for half a min. Add tomatoes and a splash of water and cook until the tomatoes are tender for 5 mins. Mash the larger pieces.
7. Add this mixture, salt and the coconut paste to the brown chickpeas (or vice versa depending on the pan size) and simmer over medium heat for 5 to 10 minutes. Taste and adjust salt and heat. Add more water if needed.
8. Garnish with coconut. I also usually add a fresh tempering before serving. Heat oil in a small skillet over medium heat. When the oil is hot, add 1/4 tsp mustard seeds and 2 chilies and cook for a few seconds. The seeds will start to pop. Drizzle this over the chickpea curry. Serve over rice, cooked grains or with flatbread, appams, dosas etc.
9. To make the chickpea curry in a saucepan: soak the brown chickpeas for at least 4 hours in warm water. Drain and add to a saucepan with 3 cups of water. Partially cover and cook over medium heat for 35 to 45 minutes or until tender to preference. Make the curry mixture and add to the simmering chickpeas and continue.

# **. Potato Spinach Lentil Curry**

Serves: 4

Cooking time: 30 minutes

## **Ingredients**

- 1/3 cup uncooked brown lentils (sabut masoor)
- 1 tsp oil
- 4 cloves of garlic minced
- 1 inch ginger minced
- 1 hot green chile chopped
- 2 large tomatoes chopped
- 1/2 tsp garam masala
- 1/4 tsp cinnamon
- 1/4 tsp cardamom
- 1/2 tsp turmeric
- 2 medium potatoes cubed
- 3/4 tsp salt
- 1 cup water
- 5 to 6 oz spinach or a combination of greens.

## **Instructions**

1. Soak the lentils for at least an hour else they will not cook within the time and the potatoes will get over cooked in the more time needed to cook lentils.
2. In saute mode over medium, add oil, ginger, garlic, chile and cook until translucent. Add tomato and spices and cook until tomatoes are tender. Mash the larger pieces. 4 to 5 minutes.
3. Add the potatoes, drained lentils, water, salt and mix in. Add in the spinach or greens and mix in. Close the lid and cook on manual (high pressure) for 7 to 8 minutes. Let the pressure release naturally.
4. Open, taste and adjust salt and spice. Add more spices or garam masala if needed. Garnish with cilantro, pepper flakes and lemon and serve over rice or with roti/flatbread.



# Soup and Stews

# Carrot Ginger Soup

Serves: 4

Cooking time: 20 minutes

## Ingredients

- 1 tbsp olive oil
- 1 onion chopped
- 2 cloves garlic minced
- 2 tbsps ginger finely chopped
- 5 cups carrots peeled & chopped
- 900 ml vegetable broth
- 3/4 tsps salt
- 1/2 tsp pepper
- 1 tsp dried thyme leaves
- 1 can 400mL/ 13.5 oz coconut milk
- juice of 1/2 lime

## Instructions

1. Cook onion in olive oil using sauté function on your instant pot for 5-6 minutes.
2. Add the garlic & ginger, cook 1-2 more minutes. Turn off sauté function.
3. Add carrots, stock, salt and pepper and stir to combine. Put the lid on, turn vent to 'sealed' and cook on manual high pressure for 5 minutes.
4. Do a quick pressure release after time is up.
5. Blend until smooth with an immersion blender.
6. Stir in coconut milk and lime juice, and enjoy!

# Lasagna Soup

Serves: 4

Cooking time: 20 minutes

## Ingredients

- 1 tsp oil
- 1/2 onion chopped
- 4 cloves of garlic chopped
- 1 cup veggies - combination of peppers , carrots, zucchini
- 1/4 cup red lentils (uncooked) - quick cooking red lentils (split ones) also called masoor dal
- 1 cup tomato puree (or use any thick tomato sauce such as marinara, pasta sauce or passata)
- 1 to 1.5 cup diced tomato
- 2 tsps italian seasoning (1 tsp basil and 1/2 tsp oregano, parsley, generous dash of thyme/sage and rosemary)
- 1/4 tsp each onion powder, garlic powder
- 1/2 to 3/4 tsp salt (depends on if there is salt in the tomatoes or other seasoning, I use 3/4 tsp with)
- 2 cups water or veggie broth (2.5 to 3 cups for soupier or if using whole grain noodles or with more veggies)
- 5 oz lasagna sheets, broken into small pieces, or use pasta of choice (I use no boil as they work out the best)
- dash of black and white pepper
- pepper flakes to taste , i use about 1/3 tsp
- 1 tbsp nutritional yeast
- 1 cup packed spinach , optional
- vegan pesto, vegan ricotta or mozzarella, vegan butter/ garlic bread to serve optional
- 1 tbsp tomato paste, lemon, fennel seeds (optional add ins)

## Instructions



1. Heat oil in the instant pot on saute mode. When hot, add onion, garlic and a pinch of salt. Cook for 2 mins, stirring occasionally. (See recipe notes for saucepan instructions).
2. Add veggies and mix in. Add red lentils, tomato, salt, seasoning, onion powder, garlic powder and mix in. Add a tbsp of tomato paste for additional tomato flavor (optional). Add lasagna sheets and water and mix in. (Make sure to use small pieces and mix them in well else they tend to stick).
3. Close the lid and pressure cook on manual for 3 mins. Let the pressure release for 10 mins, then if there is still pressure in the pot, manually release carefully and open.
4. Mix in the black pepper, pepper flakes and nutritional yeast. Taste and adjust salt and flavor (italian herbs, onion/garlic powder). Add some more salt, broth, tang (lemon) if needed to balance.
5. Fold in the spinach if using. Let sit for a minute. Then serve with pesto/basil and/or vegan ricotta/mozzarella, and garlic bread. You definitely need some vegan cheese for a more lasagna like flavor. Fold in some into the soup while still hot and use more for garnish.

# Instant Pot Lentil Soup

Serves: 4

Cooking time: 15 minutes

## Ingredients

- 1 onion, diced (or sub 2 fat shallots)
- 6 - 8 cloves garlic, rough chopped
- 2 tbsps olive oil
- 4 cups diced veggies – any mix of carrots, celery, parsnip, bell pepper, potato, cabbage (I normally use 1 -2 carrots, 1 parsnip, 1-2 celery)
- 1 1/2 tsp salt, more to taste.
- 1 tbsp cumin
- 2 tsps coriander
- 2 tsps curry powder
- 1 tsp turmeric
- 1/2 tsp all spice (optional)
- 1 bay leaf or 1 tsp herbs de provence or italian herbs
- 2 tbsps tomato paste
- 2 medium tomatoes, diced with their juices (one 14.5 ounce can, diced)
- 4 flavorful cups chicken or veggie stock (or use 3 bouillon cubes w/ water)
- 2 cups water
- 1 1/4 cup small black caviar lentils or french green lentils

## Instructions

1. Saute onion and garlic in the instant pot in 2 tablespoons oil until fragrant and tender, about 2-3 minutes. (Or cook in a dutch oven on the stove, over medium-high heat)
2. Add the veggies, spices and salt. Saute 4-5 more minutes. Add the tomato paste and brown it a bit. Add the tomatoes and their juices, stock and water, scraping up any browned bits. Add the lentils, stir

and cover, setting the instant pot to pressure cook on normal for 12 minutes. (Alternately if cooking on the stove top, bring to a simmer and cover, simmering on low for 20-25 minutes).

3. Let the pressure release either manually or naturally.
4. Divide among bowls and drizzle with olive oil, a squeeze of lemon, chili flakes, fresh parsley and fresh diced tomato (optional).

# Butternut Squash Soup

Serves: 4

Cooking time: 15 minutes

## Ingredients

- 1-2 tbsps olive oil
- 1 large shallot, minced
- 3 cloves garlic, minced or pressed
- 1 large butternut squash, about 3 pounds, peeled and cut into cubes (see instructions in post above)
- 1/8 tsp nutmeg -freshly grated if possible
- 4 cups vegetable broth
- salt, to taste

## *Cashew Cream:*

- 1 cup raw cashews, soaked in hot water for 5 minutes
- 3/4 cup water
- 1 clove garlic
- 1/2 tsp salt

## Instructions

1. Push the "saute" button on the instant pot. Add the olive oil, minced shallot and garlic. Saute 2-3 minutes, then turn instant pot off for a moment.
2. Add the butternut squash, nutmeg and vegetable broth. Cover with the lid and seal. Push the "manual" button, and cook on "high" for 10 minutes.
3. Once finished, carefully release any pressure from the Instant Pot. Using an immersion blender (or regular blender), blend until very smooth. Taste and add salt as desired.
4. Ladle into bowls, add a dollop of cashew cream on top, stir it in gently, and serve.

## *Cashew Cream:*

5. Add the soaked cashews, water, garlic and salt to a high powered blender and blend for a few minutes, until very smooth and creamy. Store in the refrigerator for up to a week.

# Spicy Carrot Soup

Serves: 4

Cooking time: 20 minutes

## Ingredients

- 8-10 large carrots, peeled and chopped coarsely
- 1 onion, chopped
- 3 cloves garlic, peeled
- 1 14-ounce can coconut milk
- 1 1/2 cups chicken or veggie broth
- 1/4 cup peanut butter
- 1 tbsp red curry paste
- salt to taste
- cilantro and peanuts for topping

## Instructions

1. Place all ingredients in the instant pot and set for 15 minutes.
2. When done, let everything cool for a few minutes, then run the mixture through the blender until smooth; season generously with salt, top with peanuts and cilantro.

# Tuscan White Bean Soup

Serves: 4

Cooking time: 15 minutes

## Ingredients

- 2 tbsps extra virgin olive oil
- 1/2 white onion (diced)
- 2 large carrots (diced)
- 2 large celery stalks (diced)
- 5 cloves garlic (finely chopped)
- 1-28 oz can diced tomatoes
- 4 cups vegetable stock
- 2-15 oz cans reduced sodium white cannellini beans (drain/rinse optional)
- 1 tsp salt
- 1/4 tsp fresh rosemary (1" sprig finely chopped)
- 1/4 tsp dried thyme
- 1/2 tsp crushed red pepper (optional)
- 4 cups kale (any kind)

## Instructions

1. Add olive oil to instant pot; press sauté button; heat until oil is shimmering and hot.
2. Add onions, carrots, celery and garlic; sauté (and stir) a few minutes until slightly tender.
3. Press "cancel" to stop sauté cycle; stir in tomatoes, vegetables, vegetable stock, salt, beans, rosemary, thyme and crushed red pepper (optional); close and lock lid, turn steam knob to "sealing" position.
4. Press Manual > High Pressure, and set timer for + 2; when cycle ends, leave IP alone for 10 min (this is known as "natural pressure release").

5. Then, with an absorbent towel, cover steam knob and turn to “venting” position to release all steam.
6. When steam is fully released, unlock and remove lid (IP will default to “keep warm”), stir in kale, close and lock lid, continue in “keep warm” mode or power off; serve soup warm.



# Instant Pot Minestrone

Serves: 4

Cooking time: 10 minutes

## Ingredients

- 1 tsp avocado or olive oil
- 1 large yellow onion, diced
- 4 cloves garlic, minced
- 2 cups 1/2-inch chopped carrots
- 2 cups 1/2-inch chopped celery
- 2 1/2 cups 1/2-inch diced butternut squash
- 1 (26 oz.) box crushed or diced tomatoes (such as pomi)
- 32 oz. vegetable broth
- 2 (15 oz.) cans white beans, drained and rinsed
- 1 cup shell pasta (or bowties)
- 1 tbsp chopped fresh thyme
- 2 sprigs fresh rosemary, chopped
- 1 tbsp dried oregano
- 5 oz. baby spinach
- salt and pepper to taste
- fresh parsley
- 1/2 cup fresh pesto (store bought or homemade)

## Instructions

1. Add the oil to the instant pot and set to saute. Add the onion, garlic, carrots, celery, and butternut squash. Saute for 5 minutes, until starting to soften.
2. Add the tomatoes, broth, beans, pasta, and herbs and stir to combine. Set the pot to manual mode for 4 minutes with the valve set to sealing.
3. Carefully quick release the pressure valve. Stir in the spinach to wilt. Season to taste with salt and pepper.
4. To serve, garnish with fresh parsley and a dollop of pesto.

# Potato Corn Chowder

Serves: 4

Cooking time: 10 minutes

## Ingredients

- 2 tbsps olive oil
- 1 cup sweet onion finely diced
- 4 cloves garlic crushed
- 1 ¼ lb. red potatoes cut into 1-inch pieces
- 2 carrots cut into ½-inch cubes
- 16 oz. bag frozen corn
- 4 cups vegetable broth or chicken broth
- ½ tsp thyme dried
- ½ tsp rosemary dried
- 1 ¼ tsp salt to taste
- ½ tsp pepper to taste
- ¼ tsp paprika
- 1 cup almond milk warm
- 3 tbsps tapioca starch
- green onions or chives optional

## Instructions

1. Set 6-quart instant pot to the sauté function and add oil, diced onion, and crushed garlic. Sauté for 2-3 minutes.
2. Add potatoes, carrots, corn, broth, thyme, rosemary, salt, pepper, and paprika. Make sure to scrape the bottom of the pot to ensure no bits or pieces are stuck.
3. Cover instant pot with lid, ensure the pressure release valve is set to sealed, and turn on high pressure for 8 minutes.
4. Once the instant pot is done cooking the chowder, let chowder sit in the instant pot for 5 minutes. (5 minute natural pressure release.)

5. While chowder is sitting, whisk together warmed almond milk and 3 tbsps tapioca starch in a medium-sized bowl until smooth.
6. Turn instant pot on the sauté function and add milk-starch mixture. Stir for 4-5 minutes or until chowder has reached your desired thickness. If chowder is too thick, add more almond milk or broth.
7. Serve potato corn chowder with chives or scallions and enjoy!

# Veggie Chickpea Potato Soup

Serves: 4

Cooking time: 20 minutes

## Ingredients

- 1/4 cup water or broth
- 1/2 onion chopped
- 3 cloves of garlic
- 1/2 cup chopped tomato
- 1/8 tsp fennel seeds
- 1/2 tsp onion powder
- 1/4 tsp garlic powder
- 1/8 to 1/4 tsp cinnamon
- 1/2 tsp oregano
- 1/2 tsp thyme or use a tsp fresh rosemary
- 1 large potato cubed small (I use yukon gold or white,)
- 3/4 cup carrots
- 1/2 cup other veggies like peppers mushrooms, zucchini, broccoli
- 1.25 cups cooked chickpeas or 1 15 oz can chickpeas drained
- 1/2 to 3/4 tsp salt
- 1 cup water
- 1 cup non dairy milk such as coconut milk almond milk or cashew milk
- 2 cups spinach
- freshly ground black pepper for garnish, lemon juice (optional)

## Instructions

1. Add broth in the instant pot on saute. Add onion and garlic cook until golden. Deglaze with a tbsp of water in between if needed.
2. Add the chopped tomato and mix. Add the spices and herbs and mix in.
3. Add veggies, chickpeas, salt, non dairy milk and water and mix.

4. Pressure cook for 5 minutes, let the pressure release naturally.
5. Fold in spinach and saute for a minute. Add thick cashew cream for creamier soup and mix in. Add black pepper and lemon juice. Taste and adjust salt and flavor. Serve with crackers, garlic rolls or garlic bread.

# **. Vegetable Barley Soup**

Serves: 4

Cooking time: 20 minutes

## **Ingredients**

- 2 garlic cloves, minced
- 1 small trimmed leek (7 ounces, 1 cup), well-rinsed sliced
- 3 small carrots (6 ounces total, 1 ½ cups), sliced
- 3 stalks celery with leaves (6 ounces total, 2 cups), sliced
- 8 ounces mushrooms (3 cups), sliced
- 7 cups water
- 2 cubes vegetable bouillon
- 1 tbsp italian seasoning
- ¼ tsp ground black pepper
- ½ cup dried pearled barley

## **Instructions**

1. Place all ingredients in the container of the instant pot and stir well.
2. Cover and close shut.
3. Set it for “Soup” for 30 minutes.
4. When the instant pot soup setting is done, release pressure by opening the valve, and the lid unlocks.
5. Open lid and allow to cool.
6. Serve immediately.

# **. Millet & Pinto Bean Chili**

Serves: 4

Cooking time: 20 minutes

## **Ingredients**

- 1 tbsp olive oil
- 1/2 onion, chopped
- 2 garlic cloves, minced
- 1 bell pepper, chopped
- 2 tbsps chili powder
- 2 tsps cocoa or cacao powder
- 1 tsp paprika
- 1 tsp garlic powder
- 1/2 tsp ground cinnamon
- 1/2 tsp red chili flakes
- 1 bay leaf
- 2 cups pinto beans (soaked for at least 3 hours)
- 1 cup millet (uncooked)
- 1 cup sweet corn kernels (fresh or frozen)
- 1/4 cup chopped fresh cilantro
- 1/4 cup chopped fresh parsley
- 2 cups fire roasted diced tomatoes
- 7 cups vegetable stock (or water)
- 1 tbs coconut sugar
- 1 tsp apple cider vinegar
- 1 cup fresh mixed greens
- to taste sea salt
- optionally garnish with fresh cilantro or parsley

## **Instructions**

1. Soak dried pinto beans for at least three hours prior to making chili.
2. Set instant pot to saute mode. Stir in oil, onion, garlic and bell pepper. Saute for 5 minutes, stirring frequently.

3. Stir in spices - chili powder through bay leaf. Saute for 1 minute longer.
4. Stir in pinto beans, millet, corn, cilantro and parsley. Saute for 1 minute longer while stirring constantly. Turn off saute mode (press cancel).
5. Stir in tomatoes & vegetable stock.
6. Lock on lid, close vent, and manual high pressure cook for 33 minutes.
7. Press cancel and quick release.
8. Stir in sugar, vinegar, greens. Salt to taste.
9. Serve immediately or place in keep warm mode until ready to serve.
10. Optionally garnish with cilantro and/or parsley before serving.  
Enjoy!



# **. Black Bean Soup**

Serves: 4

Cooking time: 40 minutes

## **Ingredients**

- 1 small red onion, diced
- 3 cloves garlic, minced
- ½ bunch cilantro, stems and leaves divided
- 1 red pepper, diced
- 1 tbsp cumin
- 2 tsps chili powder
- ½ tsp cayenne pepper
- 14 oz. dry black beans (about 2 cups)
- 3 cups vegetable broth, plus extra water
- juice + zest of 1 Lime
- salt, to taste

## **Instructions**

1. First, add the red onion, garlic, and diced cilantro stems into the instant pot with a splash of water. Using the sauté setting, cook the veggies for 2-3 minutes, or until translucent.
2. Next, add the red pepper and spices to the instant pot, and sauté for an additional 1-2 minutes.
3. Add the dried black beans to the pot along with the vegetable broth. Stir well, then slowly add in water to the iPot until the water line is about 1" above the dried beans.
4. Cover and seal the pot, then set the pressure to manual high for 30 minutes.
5. Force release the pressure from the iPot, and carefully blend the soup by using an immersion blender, or by transferring it to a blender. I blended about half of my soup so there would still be some texture to it.
6. Pour into bowls, top as desired, and enjoy.

# **. Green Coconut Curry**

Serves: 4

Cooking time: 20 minutes

## **Ingredients**

- 3 medium potatoes chopped
- 1 cup cauliflower florets
- 1 cup broccoli florets
- 1/2 sliced red bell pepper
- 1/2 cup vegetable stock
- 1/2 cup frozen corn
- 1/2 cup frozen peas
- 2 tbsps green curry paste
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 cup coconut milk
- 2 cups vegetable stock or more if needed
- salt to taste

## **Instructions**

1. To instant pot: add potatoes, cauliflower, broccoli, red bell peppers and 1/2 cup vegetable stock.
2. Set instant pot to manual for 3 minutes. Make sure the valve is sealed. When the timer goes off, release the valve manually. Wait until the steam finishes coming out completely, then remove the lid.
3. Set the instant pot to soup mode. Add in corn, peas, green curry paste, onion powder, garlic powder, coconut milk, and vegetable stock. Stir until paste is completely dissolved. Keep the lid off.
4. When soup is fully heated (5-10 minutes), it's time to eat! Season with salt if desired. Serve over rice or just as is.

# **. Curried Instant Pot Split Pea Soup**

Serves: 4

Cooking time: 10 minutes

## **Ingredients**

- 1 tbsp olive oil
- 1 medium yellow onion diced
- 3 medium carrots sliced
- 2 stalks celery sliced
- 3 cloves garlic minced
- 2 tsps curry powder
- 1 tsp ground cumin
- 1/2 tsp ground coriander
- 1 tsp salt
- 2 cups yellow split peas picked through and rinsed
- 4 cups vegetable broth
- 2 cups water
- fresh parsley for garnish (optional)

## **Instructions**

1. Set your instant pot to the sauté function. Add olive oil.
2. Once the olive oil is hot, add the onions and sauté for 1 minute.
3. Add the carrots, celery, and garlic. Sauté for another 2 minutes.
4. Add the curry powder, cumin, coriander, and salt. Mix to combine. Cancel the sauté function.
5. Add split peas to the instant pot, then add the broth and water.
6. Lock the lid in place and make sure the steam release handle is closed. Set to manual high pressure for 10 minutes. Instant Pot will take roughly 15 minutes to build pressure, timer will start counting down after it has reached pressure.
7. After the time has ended, let the pressure release naturally (this will take roughly 35 minutes) or quick release after 15 minutes.

8. Once the pressure has been released naturally (you will know pressure has been released when the float valve has dropped back down), slowly unlock and remove the lid. Stir the soup so everything combines.
9. Garnish with fresh parsley (optional) and serve.

# **. Tomato Soup**

Serves: 4

Cooking time: 10 minutes

## **Ingredients**

- 1 medium onion chopped finely
- 4 cloves garlic, chopped
- 796mls / 27oz / 3 $\frac{1}{3}$  cups canned crushed tomatoes, or passata
- 156mls / 5.5oz / 1 heaping  $\frac{1}{2}$  cup tomato paste, NOT sauce or ketchup (tomato puree in the UK)
- 2 tsps salt
- 70g /  $\frac{1}{2}$  slightly heaping cup raw cashew nuts , not roasted
- 1 tbsp dried basil
- 1 tsp dried oregano
- $\frac{1}{2}$  tsp black pepper
- 1 -2 tsps sugar
- 1200 mls / 5 cups water

## **Instructions**

1. Saute the onions in a couple tablespoons of water in the instant pot. Once starting to go golden, add the garlic and cook stirring frequently for another minute then turn off the instant pot.
2. Add all of the other ingredients. Put the lid on and seal the vent. Set to high pressure for 7 minutes then allow the pressure to release naturally.
3. Transfer soup to a blender and blend until smooth, or use a stick blender in the instant pot (the soup will be creamier if you use a blender). Return to the instant pot.
4. If you prefer a thinner soup, boil some water in a kettle and add it gradually until you get the thickness you like. Check seasoning and add more salt, pepper or sugar if necessary before serving.

# **. Detox Vegetable Soup**

Serves: 4

Cooking time: 10 minutes

## **Ingredients**

- 1 tbsp avocado oil
- 1 small onion diced
- 1 clove garlic minced
- 3 carrots chopped
- 3 celery stalks sliced
- 2 cups napa cabbage chopped
- 1 small broccoli crown ½ lb
- 14.5 oz diced tomatoes
- 1 tsp tarragon
- 1 tsp lemon pepper
- ½ tsp turmeric
- 4 cups vegetable stock
- 1 tbs tamari
- parsley for garnish

## **Instructions**

1. Set the instant pot to saute. Add the avocado oil and onion to the pot and saute until tender. Add the garlic, carrots, celery, broccoli, and napa cabbage. Stir and saute for another minute. Then add the tomatoes, turmeric, tarragon, lemon pepper, vegetable stock, and tamari to the pot.
2. Close the lid and seal the vent. Cook on manual high pressure for 10 minutes.
3. Let the pressure release naturally for 10 minutes, then release the remaining pressure. Add salt and pepper to taste (optional).

# **. Golden Lentil Spinach Soup**

Serves: 4

Cooking time: 30 minutes

## **Ingredients**

- 2 tsps olive oil
- 1/2 medium yellow onion, diced (about 1 cup)
- 2 medium carrots, peeled and diced (about 1 cup)
- 1 medium stalk celery, diced (about 1/2 cup)
- 4 medium cloves garlic, minced (about 2 tsps)
- 2 tsps ground cumin
- 1 tsp ground turmeric
- 1 tsp dried thyme
- 1 tsp kosher salt + more to taste
- 1/4 tsp freshly ground black pepper+ more to taste
- 1 cup dry brown lentils, rinsed well in cold water
- 4 cups low-sodium vegetable broth
- 8 ounces (about 6 cups) baby spinach

## **Instructions**

1. Hit “Saute” button on instant pot. Add oil. When hot, add the onions, carrots, and celery. Saute, stirring occasionally, until tender, about 5 minutes. Add the garlic, cumin, turmeric, thyme, 1 teaspoon salt, and 1/4 teaspoon pepper and cook, stirring constantly, for one minute.
2. Add the lentils and pour in the broth. Stir.
3. Place the lid on the instant pot and make sure the release valve is in the “sealing” position. Press the “Manual” button and set the timer at 12 minutes.
4. The instant pot will warm up for about 10 minutes and then start cooking. After the 12 minutes is up, quick-release by flipping the release valve to “venting” (a little bit at a time at first).
5. Once venting is complete, remove the lid of the Instant Pot. Stir in the spinach. Taste and add additional salt and pepper if desired. Serve.

**6.** Keeps in the refrigerator for about 3 days. Freezes well too!



# **. Thai Butternut Squash Soup**

Serves: 4

Cooking time: 60 minutes

## **Ingredients**

- 2 tsps olive oil
- 1 onion (approximately 1 cup), diced
- 1 apple (approximately 1 cup), peeled and diced
- 2 cloves garlic, minced
- 1 tbsp fresh ginger, grated
- 2 tsps red curry paste
- 1 large butternut squash (approximately 3-4 cups), peeled and cubed
- 1 can coconut milk
- 2 cups vegetable stock
- 1 tsp salt
- 1 lime, cut into 8 sections
- ½ cup cilantro, chopped for garnish
- ½ cup peanuts, chopped
- sriracha, for garnish (optional)

## **Instructions**

1. Turn your instant pot to sauté.
2. Add olive oil to the pot and heat until shimmering.
3. Add onions and apples and sauté for 2 minutes.
4. Add ginger and garlic and sauté an additional 1 minute.
5. Stir in red curry paste and salt, cook for 1 minute.
6. Add squash, coconut milk, and vegetable stock, bring to a simmer and simmer for 5 minutes.
7. Secure the lid on your instant pot and cook on manual for 20 minutes.
8. Allow natural pressure release.

- 9.** Using an immersion blender, puree soup until desired consistency (I like my soup smooth!).
- 10.** Scoop into bowls and garnish with a section of lime (squeeze into soup), a tbsp of cilantro and a tablespoon of chopped peanuts.
- 11.** If you prefer more spice, drizzle soup with sriracha.

# **. Ethiopian Lentil Stew**

Serves: 4

Cooking time: 15 minutes

## **Ingredients**

- 1.5 tbsp oil, use oil of choice
- 1 inch ginger, 10 grams, chopped
- 2 large garlic cloves, 7 grams, chopped
- 1 medium red onion, 120 grams, sliced
- 3 stalks of green onion, chopped
- 1/2 tsp cumin powder
- 2 tsps berbere spice, adjust to taste
- salt, to taste, little more than 1/2 tsp
- 2 tsps tomato paste
- 3/4 cup red lentils, 135 grams
- 2 cups vegetable broth, divided
- 25-30 baby spinach leaves
- cilantro or parsley, to garnish

## **Instructions**

1. Press the saute button on your instant pot. Once it displays hot, add the oil and then add the chopped ginger, garlic, red onion & spring onion.
2. Cook the onion, ginger and garlic for around 3 minutes until softened. Then add the cumin powder and berbere spice. Also add the salt, mix well and cook for few seconds.
3. Add the tomato paste, red lentils and stir for 30 seconds. Then add 1.5 cups vegetable broth and close the lid.
4. Press the manual or pressure cook button and cook on high pressure for 6 minutes, with the pressure valve in the sealing position.
5. Quick release the pressure and then press the saute button.

6. Add the remaining 1/2 cup of the vegetable broth if desired at this point. I added the remaining 1/2 cup. Stir in the spinach leaves. Let it simmer for 1 minutes or until the spinach leaves have wilted.
7. Serve this instant pot ethiopian lentil stew with injera (the ethiopian flat-bread) or plain rice! You may garnish it with cilantro or parsley.

# **. Vegan Wild Rice Soup**

Serves: 4

Cooking time: 25 minutes

## **Ingredients**

- 1 cup diced onion
- 2 cloves garlic minced
- 1 cup diced carrots
- 1 cup diced celery
- 1 cup dried chickpeas (garbanzo beans) soaked for a few hours or overnight
- 1 cup wild rice
- 1 bay leaf
- 1 tsp dried thyme
- 5 cups vegetable broth or water
- 1/2 cup raw cashews (soaked for 30 minutes in hot water if you don't have a high speed blender)
- 1/2 cup water
- salt to taste
- pepper to taste

## **Instructions**

1. Using the saute function, saute the onions in a splash of water until they are softened and slightly translucent.
2. Add the garlic and saute for about 30 seconds more.
3. Add the carrots and celery and a few more splashes of water, as necessary, if the pot is dry. Saute for a few minutes until the vegetables are softened.
4. Add the chickpeas, wild rice, bay leaf, thyme, and vegetable broth or water and stir to combine.
5. Close the lid and set the timer for 25 minutes on manual.
6. Allow the pressure to release naturally.

7. Meanwhile, in a high-speed blender such as a vitamix, blend the cashews and 1/2 cup water until very smooth.
8. Remove the lid once the pressure has released. Add the cashew mixture and stir well. Add salt and pepper, to taste, and enjoy!

# **. Quinoa Lentil Superfood Soup**

Serves: 4

Cooking time: 20 minutes

## **Ingredients**

- 1 medium onion, chopped
- celery stalks and leaves, chopped
- 1 cup fennel, chopped
- 1 tbsp garlic, chopped
- 1 1/2 tsp curry powder, such as madras
- 1 tsp salt if using unsalted stock
- 1 tbsp fresh ginger, grated
- 1 tbsp fresh turmeric, grated (can sub with 1 1/2 tsp powdered)
- 2 cups vegetable or chicken stock
- 1 14 oz can organic coconut milk
- 1/3 cup quinoa (any color)
- 1/3 cup green lentils
- 3 carrots, peeled and chopped
- 1/2 head cauliflower, broken apart
- 1 1/2 cups curly leaf kale, finely chopped
- 1/4 cup cilantro, chopped
- salt and pepper to taste
- cayenne pepper to taste

## **Instructions**

1. Place onion, celery, fennel, curry powder, salt (if desired), ginger, turmeric, quinoa, lentils and stock into the pressure cooker pot.
2. Process on high pressure for 15 minutes.
3. Allow pressure to release for 5 minutes or so then manually release. Add carrots and cauliflower and continue to simmer for 5-10 minutes. Add kale, cilantro and any seasonings you would like. Kick up the heat.

# **. Parsnip and Chive Soup**

Serves: 4

Cooking time: 20 minutes

## **Ingredients**

- 1.5 pounds parsnips, trimmed and peeled (about 4 large parsnips)
- cloves of garlic
- 1/2 cup raw cashews
- 2 cups of broth of choice + more if needed to thin
- 1/4 cup olive oil + more for drizzling
- juice of half a lemon
- 1 tsp salt + more to taste
- a few grinds of black pepper
- 1/4 cup fresh chives + more for garnish

## **Instructions**

1. Place parsnips, garlic, raw cashews and broth in pressure cooker and bring to a boil.
2. Lock and seal the lid and bring up to high pressure. Reduce heat to medium low, maintaining the pressure, and cook for 10 minutes.
3. Use a quick release method and when pressure is released, remove the lid.
4. Blend soup mixture in a blender with olive oil, in two batches if necessary. Don't over fill the blender with hot soup or you can burn yourself with splattering liquid. Cover the lid with a dish towel before blending to be extra careful.
5. Thin with another 1/2 cup or so of broth if desired.
6. Season with lemon juice, salt, black pepper, and chives.
7. Serve topped with a bit more fresh chives, a drizzle of olive oil, and black pepper.



# **. Vegan Enchilada Soup**

Serves: 4

Cooking time: 20 minutes

## **Ingredients**

### ***Soup:***

- 1 tsp oil or use 3 tbsps broth to saute
- 1/2 medium onion, chopped
- 4 cloves of garlic, finely chopped
- 6 oz mushrooms (a combination of white, cremini or other)
- 1/3 cup walnuts
- 1/2 - 1 jalapeno chopped
- 1 green bell pepper , chopped
- 1/2 red bell pepper chopped
- 2 tbsps or more enchilada seasoning (see below)
- 1/4 cup dry quinoa
- 2 oz soy curls (optional)
- 1/3 cup corn
- 1 cup tomato sauce or puree
- 1.5 cups veggie broth or vegan chikin flavored broth or water
- 3/4 tsp salt (slightly less if the broth is salted)

### ***Enchilada seasoning:***

- 1/2 tsp each of chipotle pepper powder, ancho chili powder, cumin, oregano, chipotle pepper flakes, garlic powder, onion powder.
- 3/4 tsp smoked paprika or a mix of sweet & smoked, as all smoked can be hot
- 1/4 tsp cinnamon
- dashes of black pepper cayenne, thyme (optional)

## **Instructions**

1. Start the instant pot on sauté. Add oil/broth. Once hot, add the onion, garlic and pinch of salt and cook for 2 minutes. Meanwhile, pulse the walnuts in a processor until they form a coarse mixture. Add mushrooms and pulse again until the mushrooms are chopped.
2. Add the mushroom and walnut mixture to the pot and mix in for a min. Add the jalapeño and peppers and cook for 2 mins.
3. Add the spices, quinoa (or quinoa + soy curls), corn, salt, tomato sauce, broth and mix well.
4. Close the lid and pressure cook on high pressure for 15 minutes, allow the pressure to release naturally. Taste and adjust the salt, heat or flavor and mix in.
5. Garnish with vegan sour cream, lemon juice, cilantro, jalapeño or pickled jalapeño, and/or hot sauce. Serve with pumpkin cornbread.
6. Saucepan: Follow steps 1,2 in a saucepan over medium heat. Cook the mushroom mixture for 3-4 mins before adding peppers. Follow step 3, Add 1/2 cup more broth and partially cover and cook for 20-25 minutes. Taste and adjust flavor, liquid content and check the quinoa for doneness. Uncover and simmer over low for 10 to 15 mins.

# Vegetables, Beans and Lentil

# Garlic Mashed Potatoes

Serves: 4

Cooking time: 60 minutes

## Ingredients

### *For the roasted garlic:*

- 1 head garlic
- 1 tbsp organic extra virgin olive oil
- 6 organic potatoes, quartered (I recommend red and yukon gold)

### *For the mashed potatoes:*

- 1 head organic cauliflower, cut into florets
- 1/4 cup nutritional yeast
- 2 tbsps organic extra virgin olive oil
- 1/4 cup unsweetened cashew milk (I recommend forager)
- 2 scoops vital proteins unflavored collagen (can use collagen peptides or marine collagen)
- 1 tsp sea salt
- 1 tsp black pepper
- 4 tbsps organic chives minced

## Instructions

1. On a piece of aluminum foil, add a head of garlic drizzled with olive oil. Roast at 400F for 1 hour. When done, peel the garlic or squeeze out the cooked garlic from the peels. Set aside.
2. When the garlic is about 20 minutes from being done, put 1 cup of water in instant pot fitted with the steamer basket. Add the potatoes and cauliflower. Manual cook for 7 minutes with top sealed. Release vent when finished to let steam out.
3. Add the steamed potatoes, cauliflower and roasted garlic to a large glass bowl. Combine with the remaining ingredients and mash until mixed well and desired consistency is achieved (I prefer my mashed

potatoes on the chunky side, so I'm careful not to overmash). Serve and enjoy!

# Corn on the Cob

Serves: 4

Cooking time: 20 minutes

## Ingredients

- 4 ears corn shucked and rinsed
- 1/2 cup plain unsweetened almond milk (or other non-dairy milk)
- 2 tbsps hemp hearts (may substitute pine nuts sesame seeds, or sunflower seeds if necessary)
- 2 tbsps nutritional yeast
- 1 tbsp brown rice flour (I haven't tested with other flours)
- 1 small clove garlic peeled
- 1/4 tsp cayenne pepper or to taste
- 1/4 tsp salt or to taste
- 1 tsp fresh lime juice

## Garnishes:

- minced cilantro or parsley, chopped jalapeno or other hot peppers, lime wedges, and/or chipotle powder/smoked paprika

## Instructions

1. Cook the corn in any way you want. Grilled tastes best, but I save time by using my instant pot or pressure cooker. Just put a rack or steaming basket in the pot, place the shucked corn on the rack, and add about 1 1/2 cups water—enough to cover the bottom by a good 1/2 inch but not rise above the bottom of the rack. Cook at high pressure for 4 minutes. Quick-release pressure manually.
2. While the corn is cooking, make the sauce. Combine “milk” and all remaining ingredients EXCEPT lime juice and garnishes in a blender and blend until smooth. Pour into a saucepan and cook over medium-high heat, stirring constantly, until it boils and thickens. Add the lime juice and continue to cook for another minute. If the sauce is too thick to drizzle or pour, add more non-dairy milk by the

tablespoon to thin it out. Taste and add extra salt, cayenne, and lime juice, if you like, and remove from heat.

3. Serve the corn drizzled with the hot sauce and sprinkled with your choice of garnishes.

# Quinoa Burrito Bowl (Gluten-Free)

Serves: 4

Cooking time: 20 minutes

## Ingredients

- 1 tsp extra-virgin olive oil
- 1/2 red onion, diced
- 1 bell pepper, diced
- 1/2 tsp salt
- 1 tsp ground cumin
- 1 cup quinoa, rinsed well
- 1 cup prepared salsa
- 1 cup water
- 1 1/2 cups cooked black beans, or 1 (15 oz.) can, drained and rinsed
- optional toppings: avocado, guacamole, fresh cilantro, green onions, salsa, lime wedges, shredded lettuce

## Instructions

1. Heat the oil in the bottom of the instant pot, using the "saute" setting. Saute the onions and peppers until start to soften, about 5 to 8 minutes, then add in cumin and salt and saute another minute. Turn off the Instant Pot for a moment.
2. Add in the quinoa, salsa, water, and beans, then seal the lid, making sure that the switch at the top is flipped from venting to sealing. Press the "rice" button, or manually cook at low pressure for 12 minutes. Let the pressure naturally release once the cooking is over, to make sure the quinoa completely absorbs the liquid. (This takes 10 to 15 minutes.)
3. Remove the lid, being careful to avoid any steam releasing from the pot, and fluff the quinoa with a fork. Serve warm, with any toppings you love, such as avocado, diced onions, salsa, and shredded lettuce.



4. Leftovers can be stored in an airtight container in the fridge for up to a week. You can quickly reheat on the stove top, or serve cold!

# Potato Carrot Medley

Serves: 4

Cooking time: 10 minutes

## Ingredients

- 2 tbsps extra virgin olive oil
- 1 onion white, diced
- 3 cloves garlic finely chopped
- 4 pounds potatoes yukon gold, cut into chunks, usually in half or fourths
- 2 pounds carrots baby, cut in half if medium sized
- 1/2 cup vegetable broth
- 1 tsp italian seasoning
- 1 tsp spike original seasoning (if you don't have this, get it in your cupboard. It is the best mix and is in all the grocery stores)
- fresh parsley for garnish

## Instructions

1. Add oil to the instant pot.
2. Saute onions for 5 minutes.
3. Add carrots and saute 5 more minutes.
4. Add the remaining ingredients. Stir.
5. Close lid and turn the sealing vent.
6. Click the "manual" button and set the time to 10 minutes.
7. Once cooking completes let the pressure valve release naturally (about 10 minutes)
8. Dish up into a serving bowl and sprinkle on a bit of fresh parsley.

# Jamaican Rice and Peas

Serves: 4

Cooking time: 30 minutes

## Ingredients

- 1 1/2 cups dried kidney beans, or 2 cans of kidney beans
- 3 cups water
- 1 small onion, finely chopped
- 2 green onions, chopped
- 3 cloves garlic, minced
- 1 tsp fresh ginger, grated
- 1 14 ounce can of coconut milk
- 3 cups long grain brown rice, washed and drained
- 1/4 tsp allspice
- 1 tsp dried thyme leaves
- 2 tsps salt
- scotch bonnet pepper, or 1/4 teaspoon cayenne pepper

## Instructions

1. Sort kidney beans removing any debris, rocks or damaged beans, wash and drain kidney beans in a colander. If using can kidney beans, drain beans and skip to 4.
2. Place kidney beans in a large bowl and cover with water, making sure that there is enough water for the kidney beans to double in size (about 2 inches above beans). Let the beans soak for at least 6 hours or overnight. Drain beans after soaking and rinse using a colander.
3. Place kidney beans in the instant pot and add 3 cups of water, cover instant pot securely and make sure to turn the valve to 'sealed' position. Manually set Instant Pot to cook beans for 8 minutes at high pressure. When the timer goes off, use the natural release method, do not open the valve and allow the pressure to release naturally.

4. Meanwhile, sort and wash rice, using a fine mesh strainer and set aside. Remove lid, add onion, green onion, garlic, ginger, coconut milk, rice. Stir to fully incorporate rice with all the other ingredients. Add allspice, thyme, salt and stir again. Add scotch bonnet pepper or cayenne pepper.
5. Close lid securely, turn the valve to the sealed position. Manually set instant pot to cook rice and peas for 22 minutes at high pressure.
6. When the timer goes off, allow steam pressure to naturally release for about 20 minutes, turn the sealing knob to venting to release the remaining pressure. Remove lid and discard scotch bonnet pepper, fluff rice and its ready to serve.

# Tempeh Tajine

Serves: 4

Cooking time: 20 minutes

## Ingredients

### *For the spice mix:*

- 1 + 1/2 tbsp ground cumin
- 1 tsp ground cinnamon
- 1 tsp ground turmeric
- 1 tsp ground ginger
- 1/4 tsp ground black pepper
- 1 tsp salt

### *For the marinade:*

- 1 cup vegetable stock
- 1 tsp gf tamari
- garlic cloves, minced
- 1/4 thumb fresh ginger – see notes
- 16 oz tempeh (2 packs), cubed

### *For the tajine:*

- 1 large onion (230 g), chopped
- 2 big carrots (220 g), chopped
- 1 sweet potato (260 g), chopped
- 1/2 cup chopped pitted prunes (78 g)
- 1/2 cup chopped dried apricots (77 g)
- 2 cups vegetable stock (480 ml)
- 1 (15 oz) can diced roasted tomatoes
- 1/2 lemon, juiced
- chopped parsley and/or cilantro

## Instructions

1. Mix the spices in a little bowl.

2. Add 2 tsp of the spice mix to a container large enough to hold the tempeh. Add stock, tamari, garlic, and ginger and stir. Add the tempeh and toss to coat. Let marinate for at least 30 minutes.
3. After the marination, heat the IP on sauté. Add the onion and dry sauté for 5-10 minutes, until a bit translucent. Add the tempeh with the whole marinade and cook for another 3-5 minutes. Add the remaining spice mix and cook for 1 minute more. Add carrots, sweet potato, prunes, apricots, and stock, close the lid and bring to high pressure for 3 minutes.
4. Quick release, add the tomatoes, lock the lid and let sit for 3 minutes.
5. Remove the lid, stir and add the lemon juice. Transfer to a serving bowl and top with the herbs. Serve with some brown (basmati) rice, tandoori roti, quinoa, or another whole grain.

# Quinoa with Mushrooms, Garlic & Cherry Tomatoes

Serves: 4

Cooking time: 10 minutes

## Ingredients

- 3 tbsps olive oil
- 1 brown onion, diced
- 1 medium carrot (or 2 small), sliced into circles or diced
- 2 heaped cups of sliced button mushrooms (about 15 medium button mushrooms)
- zest of ½ lemon
- 2 tbsps lemon juice
- generous pinch of ground pepper
- 1 tsp sea salt
- 4 cloves garlic, diced (medium to large cloves)
- 1 cup quinoa (I used a mix of red and white fair trade quinoa)
- 1 cup vegetable stock (chicken stock is nice for omnivores)
- 8-10 cherry tomatoes (you can slice a whole tomato as well)
- chopped spring onion or parsley, for garnish

## Instructions

1. Press the Sauté key on the instant pot (it should say normal, 30 mins). Add olive oil and let it heat up slightly while you finish preparing the ingredients. If using stock cubes, set a kettle to boil.
2. Add the onion and carrot and cook for 2 minutes, stirring through a couple of times. Then add the mushrooms and cook together for 4 minutes, stirring a couple of times as well.
3. Add lemon zest, juice, pepper, salt and garlic and stir through. Add the quinoa, stir through and pour in the stock. Stir everything together and press keep warm/cancel button to stop the cooking process.

4. Stir the quinoa with the stock and scrape any quinoa seeds from the side of the pot. Add cherry tomatoes over the top. Place and lock the lid, make sure the steam releasing handle is pointing to sealing. Press manual, high pressure, 10 minutes. After 3 beeps, the pressure cooker will start going.
5. Once the timer goes off, allow the pressure to release for 5 minutes (this will continue cooking the dish) and then use the quick release method before opening the lid.
6. Sprinkle with fresh herbs or chopped spring onion and serve with a salad or a side of cooked greens.



# Aloo (Indian Pickled Potatoes)

Serves: 4

Cooking time: 15 minutes

## Ingredients

### *Whole Spices:*

- 1 tbsp cumin seeds
- 1 tbsp coriander seeds, pounded
- 5 cloves
- 1 bay leaf

### *Dry Spices:*

- 1 tsp salt
- ½ tsp red chili powder
- ½ tsp turmeric powder
- 1 tsp dry pomegranate powder
- 2 tsps dried fenugreek leaves
- 1 tbsp mango pickle
- 2 tsps + 2 tbsp oil
- 5 potatoes - boiled and cubed

## Instructions

1. Switch instant pot on saute mode, when the pot is hot add 2 tsps oil.
2. Add whole spices and let them simmer. Now add the dry spices and mix them well.
3. Add the remaining 2 tsps oil and pickle. Mix this mixture well.
4. Add the potatoes and coat them well with the spice mix.
5. Now close the lid and cancel saute mode.
6. Select manual mode and set it for 2 minutes.
7. When time is done, serve the dish hot with paratha or poori.

# Yellow Rice, Peas & Corn

Serves: 4

Cooking time: 10 minutes

## Ingredients

- 2 cups basmati rice
- 3 tbsps olive oil
- 1 large onion, diced small
- ¼ tsp salt
- 3 tbsps of chopped cilantro stalks (optional)
- 2 large cloves of garlic, finely diced
- 1 heaped tsp of turmeric powder
- 1 cup frozen sweet corn kernels
- 1 cup frozen garden peas
- 2¼ cups chicken stock
- dollop of butter, to finish

## Instructions

1. Add the rice to a large bowl and fill up with cold water. Stir and drain slightly. Then fill up with more fresh water and leave it soaking for 30-45 minutes. After soaking, drain the rice through a sieve and rinse really well under running cold water. If you don't have the time for soaking, simply rinse the rice really well in cold water and add an extra minute to the cooking time below.
2. Turn the instant pot on and press the sauté function key button. Add the olive oil and onions and sprinkle with salt. Stir through. Cook for 5 minutes, stirring a few times, until softened.
3. Add the chopped cilantro, garlic and turmeric powder and stir through. I like to add a little extra drizzle of olive oil but that's not essential. Now add the corn, peas and rice and pour over the chicken stock. Stir through and turn the sauté off by pressing the keep warm/cancel button.

4. Place and lock the lid, make sure the steam releasing handle is pointing to sealing. Press manual button, set to high pressure and 4 minutes. That's right, only 4 minutes (don't forget that it takes good 5 minutes for the pressure to build up and the rice will already start to cook). You will hear 3 beeps letting you know you can now walk away.
5. Once the timer goes off, turn the instant pot off and let the pressure release naturally for 5 minutes. Then use the quick release to let off the rest of the steam.
6. Open the lid and add a dollop of butter, if using. Let it melt into the rice, then fluff it with a fork. Transfer to a serving platter.

# . Biryani Rice

Serves: 4

Cooking time: 20 minutes

## Ingredients

- 2 tbsps coconut or olive oil
- 1 large onion (red or yellow), chopped
- 3 cloves garlic, minced
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp ground turmeric
- 1/4 tsp dried cayenne pepper
- 1.5 cups of red lentils or yellow split peas (or a combination of both)
- 3 cups water
- 1/2 tsp salt
- 1 large tomato, cut into 6-8 wedges
- several big handfuls of spinach (about 4 cups)
- 1/4 cup fresh cilantro, chopped (optional)
- 2 tsps butter (optional - this gives a richer flavor, but leave it out to keep it lighter/vegan)

## *To serve:*

- plain yogurt
- fresh cilantro
- cooked brown rice or naan

## Instructions

1. Soak the rice in water for at least 10 minutes and then transfer to a fine mesh strainer. Run some new water through the rice to rinse it and then tap the strainer on the sink to extract as much excess water as possible. Set aside for now.
2. Press the "saute" setting on your instant pot and let it heat up for about two minutes. Add the onion, garlic, cumin seeds, turmeric, salt and

cinnamon stick to the instant pot and saute for one minute, stirring frequently so nothing sticks to the pot.

3. Turn the instant pot off and add the rice and the water and stir. Press the “multigrain” setting and set the timer for 25 minutes.
4. When the timer goes off, use the quick release method and take the lid off the pot. Add the raisins and the mint and stir.
5. Top with raw chopped cashews and fresh mint leaves when serving.<sup>2</sup>

# **. Brussels Sprouts**

Serves: 4

Cooking time: 40 minutes

## **Ingredients**

- 2 lb brussels sprouts halved
- 1/4 cup gluten free soy sauce
- 2 tbsps sriracha sauce
- 1 tbsp rice vinegar
- 2 tbsps sesame oil
- 1 tbs chopped almonds
- 1 tsp red pepper flakes
- 2 tsps garlic powder
- 1 tsp onion powder
- 1 tbs smoked paprika
- 1/2 tbs cayenne pepper
- salt and pepper to taste

## **Instructions**

1. Put instant pot onto sauté and place almonds in it.
2. Mix all of the liquids and seasonings.
3. Put brussels sprouts in instant pot and add sauce.
4. Put instant pot on manual high for 3 minutes.
5. When it beeps quick release the steam.
6. Serve with rice.

# **. Seasoned Black Beans**

Serves: 6

Cooking time: 25 minutes

## **Ingredients**

- 450g / 2½ cups dried black beans, no need to soak before using
- 1 medium onion, chopped finely
- 4 cloves garlic, chopped finely
- 1 tsp chili flakes, or 1 fresh chili (you can omit the chili if you prefer)
- 1 tbsp ground cumin
- 1 tsp ground coriander
- 1 large bay leaf
- 1 tsp dried mint, optional but recommended if you have it
- 720 mls / 3 cups flavourful broth/stock
- 1 lime, juice only
- up to 1 tsp salt, plus more to taste if required

## **Instructions**

1. Add all ingredients except the lime to the instant pot and stir.
2. Put the lid on the instant pot and seal the vent.
3. Cook on high pressure manual or pressure cook in newer models, for 25 minutes for tender, soft beans, (or 30 minutes if you prefer really soft slightly mushy beans) and leave the pressure to release naturally before opening the lid.
4. Please note that the beans continue to cook during the natural pressure release so if you skip this step and vent manually your beans will turn out much firmer.
5. Add salt to taste then squeeze the juice of the lime into the beans and give them a quick stir before serving.

# **. Walnut Lentil Tacos**

Serves: 6

Cooking time: 15 minutes

## **Ingredients**

- 1 white onion, diced
- 1 tbsp olive oil
- 1 garlic clove, minced
- 1 tbsp chili powder
- 1/2 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 tsp red pepper flakes
- 1/4 tsp oregano
- 1/2 tsp paprika
- 1 1/2 tsp ground cumin
- 1/2 tsp kosher salt
- 1/4 tsp freshly ground pepper
- 2 1/4 cups vegetable broth
- 1 15 ounce can fire-roasted diced tomatoes
- 3/4 cup chopped walnuts
- 1 cup dried brown lentils
- taco toppings of choice: shredded lettuce, tomato, jalapenos
- flour or corn tortillas

## **Instructions**

1. Turn the instant pot on and press the saute button. Add the olive oil, onion and garlic clove and saute until onion is tender and cooked through, stirring often, about 3-4 minutes.
2. Add the spices and stir together. Hit cancel and add the vegetable broth, tomatoes, walnuts and lentils and stir to combine.
3. Place the top on and cook on high manual pressure for 15 minutes. Let pressure come down naturally for 4 minutes, then quick release. Remove the lid and stir lentils, seasoning to taste if needed.



4. Serve lentils on tortillas of choice with toppings. The lentil mixture will thicken as it cools.

# **. Vegan Lentil Chili**

Serves: 6

Cooking time: 15 minutes

## **Ingredients**

- 1 tbsp olive oil
- 1 onion, chopped
- 4 cloves minced garlic
- 2 carrots, chopped
- 1-2 jalapeños, chopped
- 1 1/2 tbsp chili powder
- 1 tbsp cumin
- 1/2 tsp ground coriander
- 1 tsp dried oregano
- 1/2-3/4 tsp salt
- 1 (15 ounce) can crushed tomatoes
- 1 (28 ounce) can fire roasted diced tomatoes
- 2 cups brown or green lentils (I used french green lentils for this, I find they hold their shape best)
- 4 cups vegetable broth
- 1 tsp fresh lime juice
- 1/2 cup chopped fresh cilantro

## **Instructions**

1. Press the saute button on the instant pot. Heat the olive oil in the pot, then add the onion, garlic, carrots and jalapeños and saute until soft, about 3-4 minutes.
2. Add the spices and remaining ingredients except for lime juice and cilantro, then cover. Cook on high pressure for 15 minutes, then quick-release.
3. Stir in lime juice and cilantro, and serve.

# . Walnut and Pumpkin Chili

Serves: 12

Cooking time: 60 minutes

## Ingredients

### *Pumpkin Chili Ingredients:*

- 1 28-ounce can fire-roasted tomatoes
- half an onion, minced
- 3 cloves garlic, minced
- 2 poblano peppers, chopped
- 2–3 chipotle peppers, chopped
- 2 cups walnuts, chopped
- 1 cup red lentils
- 1 cup bulgur
- 2 tbsps chili powder
- 1 tbsp smoked paprika
- 1 tbsp salt
- 6 cups water or broth (refill the tomato can about 2x)

### *Add at the end:*

- 1 14-ounce can pumpkin puree
- 2 or 3 14-ounce cans black beans, rinsed and drained

## Instructions

1. To start: place all the chili ingredients in the instant pot and set to soup mode for 30 minutes.
2. To finish: release the steam, stir in the pumpkin and black beans, and season with more salt, more spice, etc. Serve with avocado, lime wedges, cilantro, tortilla chips, rice, cornbread... whatever you like with your chili! If it's too thick, you can always thin it out with additional water or broth.

# **. Maple Bourbon Sweet Potato Chili**

Serves: 4

Cooking time: 10 minutes

## **Ingredients**

- 1 tbsp cooking oil
- 1 small yellow onion, thinly sliced
- 2-3 cloves garlic minced
- 4 cups sweet potatoes, peeled and cubed into 1/2" pieces
- 2 cups vegetable broth
- 1 1/2 tbsp chili powder
- 2 tsps cumin
- 1/2 tsp paprika
- 1/4 tsp cayenne pepper
- 2 (15) ounce cans kidney beans, drained and rinsed
- 1 (15) ounce can diced tomatoes
- 1/4 cup bourbon
- 2 tbsps maple syrup
- salt and pepper, to taste
- a few fresh springs of cilantro
- 2 green onions, diced
- 3 small corn tortillas, toasted and sliced (optional)

## **Instructions**

1. Turn your instant pot to sauté, add oil, and let it heat up for 30 seconds. Once oil is hot, add onions and sauté for about 5 minutes, stirring occasionally, until onions are translucent and fragrant.
2. Add garlic and sauté for another 30 seconds.
3. Add cubed sweet potatoes, chili powder, cumin, paprika, and cayenne pepper, stirring until vegetables are well coated.
4. Add vegetable broth, beans, tomatoes, maple syrup, and bourbon. Secure the lid on the instant pot and set mode to "soup". Set a time for 15 minutes. Once timer goes off, lid should release itself. If it

doesn't, turn air valve to "venting" until the pressure has been released. Remove lid and check to make sure the sweet potatoes are tender.

5. If using tortillas, lightly oil a cast iron skillet and pan fry the tortillas on each side for 2-3 minutes until crispy. Remove from heat and let cool before cutting into thin strips.
6. Serve with cilantro, green onions, and toasted tortillas.

# **. Instant Pot Beans**

Serves: 4

Cooking time: 25 minutes

## **Ingredients**

- 1-3 cups beans (black beans, pinto beans, adzuki beans, kidney beans, navy beans, or mung beans)
- water

## **Instructions**

1. Add beans to a large bowl and cover with abundant filtered water. At least 4 times as much water as beans. Cover with a clean dish towel. Soak for 8-12 hours on the kitchen counter. (If you soak them longer timings will differ!)
2. Drain beans and rinse really really well.
3. Add beans to instant pot and cover with fresh water to about 2 inches above the beans (two thumbs thick).
4. Put on the lid and turn the knob to the sealing position.
5. Press manual (or pressure cook on newer models) set to high pressure and adjust timing.

# **. Refried Beans**

Serves: 4

Cooking time: 35 minutes

## **Ingredients**

- 2 pounds dried pinto beans, sorted
- 1 1/2 cups chopped onion
- 4-5 garlic cloves, roughly chopped
- 1 jalapeno, seeded and chopped
- 2 tsps dried oregano
- 1 1/2 tsp ground cumin
- 1/2 tsp ground black pepper
- 3 tbsps lard, or vegetable shortening for vegan
- 4 cups chicken broth, or vegetable broth for vegan
- 4 cups water
- 1-2 tsps sea salt

## **Instructions**

1. In a large mixing bowl, add the sorted dried pinto beans and fill the bowl with enough water to cover the beans by several inches. Set aside to soak for 15 minutes while you prepare the remaining ingredients.
2. To the Instant Pot bowl, add the chopped onion, garlic cloves, jalapeno, dried oregano, ground cumin, ground black pepper, lard, chicken broth, and water.
3. Use a colander to strain the beans and discard the soaking liquid. Rinse with fresh water.
4. Now add the beans to the instant pot bowl, and stir all of the ingredients together. It's okay if the lard is in a solid lump, as soon as the instant pot comes up to pressure/temperature, the lard will melt.
5. Place the lid on the instant pot and ensure the steam release valve is set to sealing. Press the "Bean/Chili" key, which will show 30 minutes of cooking time, and increase the time to 45 minutes. Now

walk away. When the instant pot is done cooking, it will come down from pressure naturally, about 40 minutes.

6. When the pressure is released, open the lid of the instant pot and add the sea salt to taste. Use an immersion blender to blend the beans to the desired consistency. The beans will appear soupy, but will thicken as they cool.



# **. Baked Beans**

Serves: 4

Cooking time: 25 minutes

## **Ingredients**

- 1 + ½ cups dry cannellini beans (or other beans of choice)
- 20-25 g / 1 oz. dried porcini mushrooms or shiitake mushrooms
- 1 cup warm water
- 2 tbsps olive oil
- 1 medium to large brown onion, finely diced
- ½ long red chili diced or sliced (can be omitted)
- ¼ tsp salt
- 2 cloves of garlic, finely diced
- 1 medium carrot, diced into small cubes
- 400 ml (1 can) of chopped tinned tomatoes or tomato passata
- 1 tbsp soy sauce or tamari sauce
- 1 tbsp ketchup
- 2 tbsps brown sugar
- 1 onion stock cube or 2 tbsps onion soup mix
- 1 tsp smoked paprika (or 1+½ regular)
- ½ tsp regular paprika
- ½ tsp allspice powder
- 2 bay leaves

## **Instructions**

1. Add dried beans to a large bowl and fill up with double the water. Mix in a teaspoon of salt and soak overnight (minimum 8 hours). Strain and rinse before using.
2. Soak the dried porcini mushrooms in a cup of warm water for 10-20 minutes, until rehydrated.
3. Turn on the instant pot and press the sauté function key. Add the olive oil, onions and chili and cook for 5 minutes, stirring a couple of

times.

4. Remove the mushrooms from the water (but reserve the water) and chop into small pieces.
5. After 5 minutes of cooking, the rest of the ingredients, beans, chopped mushrooms, and the reserved mushroom liquid and stir through. Press keep warm/cancel.
6. Place the lid and lock. Set to manual, high pressure, and set for 12 minutes. After three beeps the instant pot will begin to build up pressure and start cooking. If cooking un-soaked beans, set the timer to 35 minutes.
7. Once the timer goes off, release the pressure naturally, for about 10-15 minutes. Open the lid and stir the beans. Serve over toast, rice or any other way you like. These will keep for 3-4 days in the fridge.

# **. Spiced Black Beans with Fried Onions**

Serves: 4

Cooking time: 15 minutes

## **Ingredients**

- 1½ cups dried black beans
- 2 vegetable stock cubes
- 4 tbsps olive oil
- 25 g butter (about 2 tbsps, or 2 more tbsps of olive oil)
- 1 large brown onion, peeled and diced or sliced
- 1 tsp sea salt
- 3 large cloves of garlic, finely diced
- 10 cherry tomatoes, halved
- 1 tsp cumin powder
- 1 tsp coriander seed powder
- 1 tsp paprika powder
- ½ tsp ancho chilli or other chilli flakes
- 1 tsp oregano (I used fresh leaves but you can use dried as well)
- to serve: fresh lime, guacamole or sliced avocado, rice, salad of choice, salsa or hot sauce

## **Instructions**

1. Pre-soak the beans in slightly salted water for at least 2-3 hours before cooking. I like to do a double soak, where you refresh the water half way through, but that's not essential.
2. Rinse the soaked beans and add them to the pressure cooker pot. Add 4 cups of water as well as the vegetable stock cubes. Adding the stock flavours the beans during the cooking process.
3. Place and lock the lid, make sure the steam releasing handle is pointing to sealing. Press manual, high pressure and set to 7 minutes. After 3 beeps the pressure cooker will start going.

4. Once the time is up, let the pressure release naturally for 5 minutes, then use the quick release to let off the rest of the steam.
5. While the beans are cooking, heat 3 tbsps of olive oil and half of the butter in a frying pan over medium heat. Add the onions and salt, and stir. Sauté over medium heat for 6 minutes, stirring a few times, until softened and golden brown.
6. Add the garlic and tomatoes and cook together for 2 more minutes, stirring a couple of times. Finally, add the spices and oregano, stir through and add an extra tablespoon of olive oil and butter. Once melted, stir and remove from the heat.
7. Once the beans are ready, strain through a sieve and return to the pan with the onions. Stir through and serve with fresh lime on the side. That's it!

# **. White Bean Stew**

Serves: 4

Cooking time: 50 minutes

## **Ingredients**

- 1 pound dried yellow-eye or navy beans soaked overnight or quick soaked
- 1 large onion chopped
- 4 cloves garlic minced
- 5 cups water
- 4 tsps smoked paprika divided
- 2 tsps dried oregano divided
- 1 1/2 tsp ground cumin divided
- 1 tsp dried basil
- 1 pound cubed winter squash or pumpkin peeled and cut into 3/4-inch dice (I used butternut)
- 1 large red bell pepper chopped
- 1 jalapeño pepper optional, seeded and finely chopped
- 1 15-ounce can diced tomatoes fire-roasted preferred
- 1 tsp salt or to taste
- 1 bunch kale removed from stems and sliced (about 12 ounces)
- 1 cup fresh or frozen corn optional
- 1/2 cup chopped fresh basil

## **Instructions**

1. Make sure to rinse your beans first and check for rocks and then soak overnight in cold water. Or do a quick soak by boiling the beans in enough water to cover by an inch for one minute, and then cover and allow to stand for at least an hour. Drain before proceeding with the recipe.
2. Heat a pressure cooker. Add the onions and a pinch of baking soda (optional but speeds up the browning). Cook until onion is soft and beginning to brown. Add the garlic and cook for another minute.

3. Add the beans, water, 2 teaspoons paprika, 1 teaspoon oregano, 1 teaspoon cumin, and dried basil to the pot. Bring to a boil. If pressure cooking, seal your cooker and bring to high pressure. Cook at high pressure for 8 minutes; then perform a quick release. If cooking in a regular pot, bring to a boil, reduce heat to a simmer, cover and cook until beans are just barely cooked all the way through, 30 minutes to 1 1/2 hours. Check pot occasionally and add more water to cover the beans if it seems low.
4. Add the squash along with the remaining seasonings, peppers, tomatoes, and salt, if using. Seal the cooker and cook at high pressure for 8 more minutes. Let pressure come down naturally; after 15 minutes, quick release pressure if necessary. For stovetop cooking, add more water if necessary to cover all ingredients. Cover and simmer until beans and squash are very tender.
5. Check the seasoning and add more cumin, oregano, or salt to taste. Add the kale and corn and simmer, covered, until the kale is tender. Stir in the basil and cook for another minute before serving.

## Side and Snacks

# Lentil Sweet Potato Eggplant

Serves: 4

Cooking time: 30 minutes

## Ingredients

- 3/4 cup lentils or a mix of (brown/green) lentils and mung beans, soaked in warm hot water for atleast 15 mins
- 1 tsp oil , or use water to saute to make oil-free
- 1/2 onion chopped
- 4 cloves of garlic chopped
- an inch of ginger chopped
- 1/2 or 1 hot green chile chopped
- 1/4 tsp turmeric
- 1/2 to 1 tsp garam masala
- 1/2 tsp ground cumin or ground coriander
- 15 oz tomatoes 2 tomatoes, chopped
- 1 cup (heaping) chopped eggplant, or use other hearty vegetables of choice
- 1 cup cubed sweet potatoes
- 3/4 tsp salt
- 2 cups water, 3 cups for saucepan
- a big handful of spinach
- cayenne and lemon/lime to taste
- pepper flakes for garnis

## Instructions

1. Soak the lentils if you havent already and get the ingredients ready. Switch the IP to saute. Add oil and let it get hot.
2. Add onion, garlic, ginger, chile and a pinch of salt. Cook for 2 to 3 minutes, stir frequently.
3. Add spices and mix in. Add tomatoes and cook for 4 to 5 minutes. Mash larger pieces.
4. Add the veggies, salt, lentils and water and mix in.



5. Close the lid, to sealing, and cook on manual for 11 to 12 minutes on high pressure. Let the pressure release naturally.
6. Fold in spinach, cayenne and lemon./lime. Let it sit for 2 mins or saute for 2 mins. Adjust consistency if needed by adding a bit more water or non dairy milk for creamier and mix in. Taste and adjust salt, spices (add more garam masala or curry powder if needed).
7. Serve with flatbread or rice/cooked grains or as a soup with crackers.

# Cauliflower Rice

Serves: 4

Cooking time: 20 minutes

## Ingredients

- 1 medium to large head of cauliflower
- 2 tbsps olive oil
- ¼ tsps salt(more to taste)
- ½ tsps dried parsley

## *Optional seasonings to play with:*

- ¼ tsp cumin
- ¼ tsp turmeric
- ¼ tsp paprika
- fresh cilantro
- lime wedges (or lime juice)

## Instructions

1. Wash cauliflower and trim off the leaves. Usually this means you'll chop it into a few large pieces.
2. Put all the pieces into the steamer insert in an instant pot (or other pressure cooker).
3. Pour one cup water under the cauliflower and steamer basket.
4. Close and lock the lid. Make sure the valve is closed.
5. Set on manual for one minute. (It will take about 10 minutes to get up to pressure.)
6. After the cook timer beeps, open the valve to quick-release the pressure. (This takes about 2 minutes.)
7. Remove the cauliflower to a plate.
8. Pour out the water in the pot.
9. Return the pot to the cooker and press cancel, then the saute button.
10. Add the oil to the pot, then the cooked cauliflower.

- 11.** Break up with a potato masher.
- 12.** Add desired spices while stirring and heating. Salt and parsley makes a pretty basic cauli rice ready for any saucy dish on top.
- 13.** Use the optional spices and serve with fresh cilantro and a squeeze of lime juice for a delicious "cilantro lime" version, or try your own! You can shake a few seasonings in, taste it, and keep trying things.

# Barbacoa Mushrooms

Serves: 4

Cooking time: 30 minutes

## Ingredients

- 2 large guajillo chiles
- 1 tsp oil
- 1 bay leaf
- 1 large onion thinly sliced or chopped
- 7 cloves of garlic finely chopped
- 2 chipotle chile in adobo sauce 1 for less heat
- 1 tsp ground cumin
- 1/2 tsp dried oregano
- 1/2 tsp smoked hot paprika or 1 tsp chili powder blend
- 1/4 tsp ground cinnamon 1/4 tsp ground cloves
- 1/4 tsp or more salt
- 3/4 cup water or veggie broth
- 1 tsp apple cider vinegar
- 1 to 3 tsps lime juice to preference
- 1/4 tsp sugar or maple - optional
- 8 oz sliced or chopped mushrooms white, cremini or a combination with others

## *Toppings:*

- avocado salsa or onions, lime juice, pepper and salt

## Instructions

1. Soak the guajillo chiles in hot water for 15 mins. Prep the rest of the ingredients.
2. Heat oil in a skillet over medium heat. Add bay leaf, onions, garlic and pinch of salt and cook until translucent for 5 mins.
3. Transfer half of the onion mixture to a blender.

4. Add mushrooms to the remaining onion mixture in the skillet and a good pinch of salt and continue to cook over medium heat.
5. Remove the stem and seed box from the soaking guajillo chile. Add the chile to the blender. Add the rest of the sauce ingredients, except vinegar and lime, to the blender and blend until smooth. Add this blended sauce the skillet.
6. Cover and cook for 25 to 30 mins until mushrooms are tender. Stir once or twice in between. Add more water if the sauce thickens too much. Add in the vinegar and lime and cook for another 3 to 5 minutes. Taste adjust heat, salt and flavor.
7. Remove bay leaf. Serve over warm tortillas with avocado and chopped onion or salsa and baby greens of choice. Add a good dash of lime, freshly ground black pepper and salt and serve.

# Mixed Veg Khichdi

Serves: 4

Cooking time: 20 minutes

## Ingredients

### *Jar ingredients:*

- 3/4 cup long grain white basmati rice
- 3/4 cup quick cooking lentils (I use half moong dal and half red lentils)

### *Spices:*

- 3/4 tsp cumin seeds
- 2 to 3 cloves
- 1 tsp coriander powder
- 1 tbsp onion flakes
- 1 tsp garlic powder
- 1/4 tsp ground ginger
- 1/2 tsp garam masala, more if you like it spicier
- 3/4 tsp turmeric
- 1/4 tsp cayenne
- 1 or 2 indian bay leaves

### *To Cook:*

- 1 tomato chopped
- 1 to 2 cups chopped vegetables
- water (depends on method of cooking, see instructions)
- 3/4 tsp salt

## Instructions

1. Assemble the jar: layer the rice and lentils.
2. Toast the cumin seeds and cloves on stove top over medium heat until cumin seeds change color slightly. This step is optional. Toasted cumin seeds add a deeper tastier flavor. Cool completely.

3. Add toasted cumin, cloves, rest of the spices to small ziplock bag and add to the jar. Close the lid. Store for upto 3 months.

***Instructions to make the khichdi on the jar:***

4. Wash the lentils and rice.
5. To the instant pot, add 3.5 to 4 cups water (depends on your preference of consistency of the stew), washed lentils & rice, spice bag contents, 3/4 to 1 tsp salt and 1 tomato finely chopped. Add upto 2 cups of chopped vegetables and mix in. Close the lid and cook on manual (hi) for 2-5 minutes (5 mins for mash consistency). Release the pressure after 5 mins. Fluff lightly.
6. For saucepan, add 5 cups of water instead of 3.5 and the rest of the ingredients as above. Cover partially and cook for 22 minutes, then check the consistency and doneness and continue to cook more until done.
7. Garnish with cilantro, lemon juice and pepper flakes and serve as is or with chutneys, or papadums/crackers.
8. To make directly: assemble the ingredients. Heat 1 tsp oil on saute in IP, or saucepan on medium. Add the cumin seeds and cloves and cook until fragrant. Add bay leaves, turmeric and garam masala and mix for a few seconds. Add the rest of the ingredients, water, salt and cook as step 5.

# Vegetable Biryani with Chickpeas

Serves: 4

Cooking time: 30 minutes

## Ingredients

### *For the pulao/biryani masala:*

- use whichever spices you have. Omitting 1 or 2 spices works fine
- 5 tsps coriander seeds
- 1 tsp fennel seeds
- 1 tsp cumin seeds
- 1/2 tsp black peppercorns use 1/3 tsp for less heat
- 1 bay leaf
- 1 star anise
- 1 black cardamom
- 2 green cardamoms whole or seeds
- 4 cloves
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg

### *For the pulao:*

- 3/4 cup white basmati rice
- 1 tsp oil
- 1/4 tsp cumin seeds
- 1 cup chopped red onion
- 1.5 tbsp garlic paste
- 2 tsp ginger paste
- 1/2 tsp turmeric
- 1/4 to 1/2 tsp cayenne
- 1.5 tbsp pulao/biryani masala home made above or store bought
- 1 cup chopped tomato 1 large tomato



- 1 cup small chopped assorted vegetables like chopped carrots, green beans, cauliflower etc.
- 15 oz can chickpeas or 1.5 cups cooked or use other beans of choice
- 3/4 to 1 tsp salt
- 1.5 cups water
- cilantro, mint, lemon juice for garnish

## **Instructions**

### ***Make the pulao/biryani masala:***

1. In a small skillet, dry roast all the whole spices through cloves over medium-low heat until they get fragrant and coriander seeds change color (do not brown). Stir occasionally. This will take 1 to 3 minutes. Cool, transfer to a spice grinder and grind with the cinnamon and nutmeg. Keep aside or store in an airtight container. makes about 3 tablespoons, half of which will be used for the pulao.

### ***For the pulao:***

2. Soak the basmati rice in water for about 15 minutes (the next few steps take that much time, so no planning needed).
3. Heat oil in a pressure cooker over medium heat (IP on saute). Add cumin seeds and cook for a minute or until fragrant.
4. Add onions, a generous pinch of salt and a generous pinch of sugar and cook until golden. 5 to 7 minutes. Add ginger, garlic, turmeric, cayenne, pulao masala and mix well. Cook for few seconds or until very fragrant. Add tomatoes and a tbsp of water and cook until the tomatoes are saucy. Mash the larger pieces. about 5 minutes.
5. Add the vegetables, chickpeas and salt and mix well. Cook for a minute.
6. Drain the rice, add to the pressure cooker. Add scant 1.5 cups of water and mix well. Close the lid and cook for 1 to 3 minute on manual in instant pot (or cook for 1 whistle) - depends on the type/brand of rice.
7. Let the pressure release naturally. Add a dash of lemon juice and fluff. Taste and adjust salt if needed and mix. Garnish with cilantro and

chopped mint. Serve with non dairy yogurt, raita, pickle or mango/mango salsa.

# Jackfruit Curry

Serves: 4

Cooking time: 45 minutes

## Ingredients

- 1 tsp oil
- 1/2 tsp cumin seeds
- 1/2 tsp mustard seeds
- 1/2 tsp nigella seeds
- 2 bay leaves
- 2 dried red chilies
- 1 small onion chopped
- 5 cloves of garlic chopped
- 1 inch ginger chopped
- 1 tsp coriander powder
- 1/2 tsp turmeric
- 1/4 tsp black pepper
- 2 medium tomatoes pureed or 1.5 cups puree
- 1 20 oz can green jackfruit drained and rinsed
- 1/2 to 3/4 tsp salt or to taste
- 1 to 1.5 cups water

## Instructions

1. Heat oil in the instant pot over medium heat. When hot, add cumin, mustard and nigella seeds and let them start to sizzle or pop. 1 minute. Add bay leaves and red chilies and cook for a few seconds. Add in the onion, garlic and ginger and a pinch of salt. Cook until translucent. 5 to 6 minutes. Stir occasionally.
2. Add coriander, turmeric, black pepper and mix well. Add pureed tomato, salt and jackfruit. Mix. Cook for 15 minutes.
3. Uncover and cook for a few minutes to thicken the tomato puree. Also, shred the jackfruit a bit if you like.

4. Add water, cover and cook for 15 minutes. Taste and adjust salt and spice. Reduce heat to medium low and cover and cook for another 10 minutes or longer until desired consistency. Garnish with cilantro and serve.

# Aloo Gobi

Serves: 4

Cooking time: 20 minutes

## Ingredients

- 1/2 small onion
- 2 tomatoes
- 6 to 7 cloves of garlic
- 1 inch ginger
- 1/2 hot green chile
- 1 tsp oil
- 1/2 tsp turmeric
- 1 tsp ground cumin
- 1/2 to 1 tsp garam masala
- 3/4 to 1 tsp salt
- 1/2 tsp paprika
- 2 medium potatoes cubed small
- 1 small cauliflower chopped into large florets
- cayenne/pepper flakes, garam masala, cilantro and lemon for garnish

## Instructions

1. Blend the onion, tomato, garlic, ginger, green chile until smooth.
2. Put the instant pot on saute mode. When hot, add oil. (At this point you can add 1/2 tsp cumin seeds and cook until they darken slightly.) Add the onion tomato puree to the pot. Rinse the blender using 1-2 tbsps of water and add to the pot.
3. Add the spices and potato and mix well. Cover with a glass lid that fits the pot and cook for 4-5 minutes.
4. Add the cauliflower and mix in well. Close the pot lid to sealing. Select manual 2 minutes for low pressure (preferred) or 0 minutes on high pressure. (0 mins or half whistle with stove top pressure cooker).

5. Release the pressure with quick release carefully. Add cayenne, a sprinkle of garam masala, cilantro and lemon juice to taste. Serve hot with dals or curries and flatbread or rice.

# Masala Eggplant

Serves: 4

Cooking time: 15 minutes

## Ingredients

### *Stuffing Masala:*

- 1 tbsp coriander seeds
- 1/2 tsp cumin seeds
- 1/2 tsp mustard seeds
- 2 to 3 tbsps chickpea flour or besan
- 2 tbsps chopped nuts such as peanuts or cashews
- 2 tbsps coconut shreds
- 1 to 1.5 inch ginger chopped
- 2 cloves garlic chopped
- 1 hot green chile chopped
- 1/2 tsp ground cardamom
- a pinch of cinnamon
- 1/3 to 1/2 tsp cayenne
- 1/2 tsp turmeric
- 1/2 tsp raw sugar jaggery or sweetener
- 1/2 to 3/4 tsp salt
- 1 tsp lime or lemon juice
- water as needed

### *Curry:*

- 4 to 6 baby eggplants
- 1 cup water
- cilantro coconut and garam masala for garnish

## Instructions

1. Heat a small skillet over medium heat or heat the instant pot over saute. Add coriander, cumin and mustard seeds and cook for 2 mins or until the coriander seeds change color.

2. Add chickpea flour and mix well. Cook for a min. Add the nuts and coconut and mix well. Roast for 1-2 mins until fragrant. Cool the mixture for a minute then transfer to a small blender or small food processor.
3. Process/blend to coarsely grind.
4. Add ginger, garlic, chile, lime/lemon and the rest of the ground spices and pulse to make a coarse mixture. Add a tsp or so water until the mixture easily sticks. The mixture is a small amount so you will need a small blender. Alternatively, transfer the dry spice nut mixture from earlier step to a bowl. Add finely chopped ginger, garlic, chile, rest of the ground spices, and mix in. Add lemon and water and mix and make a coarse pasty mixture.
5. Make cross cuts on the eggplant, not all the way through so the whole eggplant stays put. Fill the stuffing into the cross cut. See pics above.
6. Place the eggplants in an instant pot or pressure cooker. Add 1 cup or more water and 1/4 tsp salt. At this point you can also add in a cup of cooked chickpeas or other beans. Pressure cook for 3 to 5 mins depending on the size of the eggplants. Let the pressure release naturally. Garnish with coconut, cilantro and garam masala and serve with flatbread/roti or rice.



# Vegetable Kolhapuri

Serves: 4

Cooking time: 35 minutes

## Ingredients

### *Kolhapuri Masala:*

- 1 tsp coriander seeds
- 2 tsps sesame seeds
- 1/2 tsp poppy seeds
- 1/2 tsp black pepper corns
- 1/2 tsp mustard seeds
- 1/4 tsp fenugreek seeds
- 1/2 tsp cumin seeds
- 4 dried red chilies cayenne or arbol for hot and california red or 1-2 guajillo for mild
- 2 tbsps shredded coconut
- 1/4 tsp nutmeg powder
- 1/2 tsp or more paprika
- 1/4 tsp cinnamon

### *Sauce:*

- 1/2 medium onion roughly chopped
- 2 tomatoes roughly chopped
- 1 inch ginger
- 5 cloves of garlic
- 1/4 tsp salt

### *Veggies:*

- 2 cups cauliflower
- 1.5 cups sweet potato
- 1.5 to 2 cups other veggies carrots green beans, green peas etc
- 1/2 cup chopped bell pepper
- 1.5 to 2 cups water

- salt cayenne to preference

## **Instructions**

1. Make the sauce on saute mode or in a separate skillet.
2. Once the sauce is cooked, combine the sauce, chopped veggies, 1/2 to 3/4 tsp salt with 1 to 1.5 cups of water and pressure cook for 14 to 15 minutes (manual) in an instant pot or electric pressure cooker, or 6 to 7 mins in a stove top pressure cooker once the pressure has reached.
3. Let the pressure release naturally, open, taste and adjust salt, garnish with cilantro and lemon. If there is too much liquid, cook on saute for a few mins to reduce.

# **. Cilantro Lime Quinoa**

Serves: 4

Cooking time: 30 minutes

## **Ingredients**

- 4 oz green chiles
- 1/2 onion, roughly chopped
- 1/2 bunch cilantro
- 1 1/2 cups quinoa
- 2 tsps veggie boullion
- 2 cloves garlic, minced
- 1 1/2 cups water, for instant pot
- 3 cups water, for stovetop
- juice of 2 limes
- salt & pepper

## **Instructions**

1. In a blender or food processor blend together the green chiles, onion, and cilantro until smooth.
2. Add blended mixture and all remaining ingredients except for the lime juice into a medium saucepan or the pot of your instant pot.
3. Cook on manual for 5 minutes and allow pressure to release naturally. Once pressure is completely released, fluff quinoa and mix in lime juice.

# **. Cauliflower Tikka Masala**

Serves: 4

Cooking time: 30 minutes

## **Ingredients**

- 1 tbsp vegan butter (or oil)
- 1 medium onion, diced
- 3 cloves of garlic, minced
- 1 tbsp freshly grated ginger
- 2 tsps dried fenugreek leaves
- 2 tsps garam masala
- 1 tsp turmeric
- 1/2 tsp ground chili
- 1/4 tsp ground cumin
- 1/2 tsp salt
- 1 28-ounce can diced tomatoes with their juice (about 3 cups)
- 1 tbsp (15ml) maple syrup
- 1 small cauliflower head, cut into florets (about 4 cups florets)
- 1/2 cup (118ml) non-dairy yogurt (or cashew cream)
- optional toppings: fresh parsley, roasted cashews

## **Instructions**

1. Set the instant pot to sauté mode for 7 minutes. Add the oil. Once hot, add the onion, garlic, and ginger. Cook for 3-4 minutes, or until the onions start to caramelize and become soft. Add the dried fenugreek leaves, garam masala, turmeric, chili, cumin, and salt. Continue to cook for another 2 minutes, stirring regularly to make sure it doesn't burn. The instant pot should now turn off.
2. Add the crushed tomatoes, maple syrup, and cauliflower florets. Secure the lid and close the vent to Sealing. Press the pressure cook button and adjust the time to 2 minutes. The instant pot will take about 10 minutes to come to pressure, then cook under pressure for 2 minutes.

3. Once the program is finished and you have heard the beeps, wait 1 minute and release the pressure. Stir in the non-dairy yogurt and stir to combine.
4. Serve hot with rice, naan, or tofu, and top with fresh parsley and roasted cashews.

# . Smoky Tofu Quinoa Biryani

Serves: 4

Cooking time: 20 minutes

## Ingredients

### *Marinated Tofu:*

- 7 ounces (200g) extra firm tofu
- 1/2 cup (120ml) non-dairy yogurt
- 1 tbsp ginger paste
- 2 cloves garlic, minced
- 1 tbsp freshly chopped cilantro
- 1 tbsp freshly chopped mint
- 2 tsps (30ml) lime juice
- 1 tbsp garam masala
- 1 tsp dried fenugreek leaves
- 1/2 tsp ground chili powder
- 1/4 tsp smoked paprika
- 1/8 tsp cinnamon
- 1/2 tsp salt
- 1/4 tsp liquid smoke (optional)

### *Quinoa Biryani:*

- 2 tsps (30ml) oil
- 2 onions, finely sliced
- 1 tbsp (15ml) oil
- 1 red bell pepper, diced
- 1 and 1/2 cup (255g) quinoa (I used tricolor quinoa)
- 2 and 1/3 cup (550ml) water
- 2 tsps raisins
- 2 green cardamom pods, crushed
- 1 cinnamon stick
- 1 bay leaf
- 1/4 tsp salt

## **Instructions**

### ***Marinated Tofu:***

1. Cut the tofu into 1-inch cubes. In a large bowl, combine the non-dairy yogurt, ginger paste, minced garlic, cilantro, mint, lime juice, garam masala, fenugreek, ground chili, smoked paprika, cinnamon, salt, and liquid smoke. Mix until well combined. Add the tofu and stir to coat with the marinade.
2. Cover the bowl with plastic film and let marinate in the refrigerator for at least 1 hour, or preferably overnight.

### ***Quinoa Biryani:***

3. Turn on the instant pot on sauté mode. Once hot, add the oil and onions. Fry the onions until they turn golden brown and caramelize, about 7-10 minutes. Remove the onions from the instant pot, transfer to a plate and set aside.
4. Heat another tablespoon of oil in the instant Pot. Add the marinated tofu and red bell peppers, and sauté for about 5 minutes, stirring regularly to prevent the tofu from sticking. Turn the sauté mode off.
5. Add the caramelized onions, quinoa, water, raisins, cardamom pods, cinnamon stick, bay leaf, and salt on top of the sautéed tofu. Close the lid and pressure cook on manual for 1 minute. After 1 minute, let the pressure release naturally, this should take around 10 minutes. Remove the lid and fluff the quinoa with a fork.
6. Serve immediately topped with fresh cilantro, lime, and/or a dollop of non-dairy yogurt.

# . Quinoa Enchiladas

Serves: 4

Cooking time: 30 minutes

## **Ingredients**

### ***Homemade Enchilada Sauce:***

- 3 tbsps oil (I use canola)
- 3 tbsps all-purpose flour (see notes for GF version)
- 1 tbsp chili powder
- 1 1/2 tsp cumin
- 1/2 tsp oregano
- 1/2 tsp garlic powder
- 1/4 tsp salt
- 1/8 tsp cinnamon
- 1/4 tsp cayenne pepper
- 1 (15 ounce) can crushed tomatoes
- 1 cup water (or vegetable broth)

### ***Enchilada Ingredients:***

- 2 bell peppers, chopped
- 1 medium onion, chopped
- 1 cup enchilada sauce (from above)
- 1 medium zucchini, chopped
- 1 cup uncooked quinoa
- 3/4 cup water
- 1 (15 ounce) can black beans, drained and rinsed
- 1 (15 ounce) can corn, drained and rinsed
- 1 (4 ounce) can diced jalapeños
- 1/4 cup fresh cilantro
- 4 corn tortillas, cut into strips
- 1 cup shredded cheddar cheese

## **Instructions**



1. Make the enchilada sauce: heat the oil in a medium saucepan over medium heat. Stir in the flour and cook until golden brown, about 3-4 minutes stirring often.
2. Add in the rest of the spices: chili powder, cumin, garlic powder, oregano, salt, cinnamon, cayenne and stir another minute until toasted. Whisk in the crushed tomatoes and water and stir until thickened, about 5-7 minutes. Remove 1 cup of the sauce and set the rest aside for drizzling over finished dish or for later. (This sauce freezes beautifully!)
3. Turn the instant pot on and hit the saute button. Add the bell peppers, onion, zucchini and a drizzle of olive oil and pinch of salt. Cook, stirring often, until vegetables are soft. Add in the uncooked quinoa and cook another minute or two until just toasted.
4. Press the cancel button on the instant pot and add in the water and 1 cup of the enchilada sauce. Cover and cook at high pressure for 1 minute, then let the pressure come down naturally.
5. Remove the lid and immediately once pressure has subsided (about 15 minutes) then stir in the black beans, corn, jalapeno, cheese, cilantro and corn tortillas. Serve hot, with extra enchilada sauce if desired.

# . Spring Vegetable Potato Chaat

Serves: 4

Cooking time: 30 minutes

## **Ingredients**

- 4 medium russet potatoes cut in half lengthwise
- 2 tsps to 1 tbsp olive oil
- 1/4 to 1/2 tsp garam masala or other indian curry powder
- 1/4 tsp salt

## ***Vegetable Curry Ingredients:***

- 1 tbsp olive oil or other mild oil
- 1 1/2 tsp garam masala or other indian curry blend
- 1/2 tsp cumin seeds or 1/4 tsp ground cumin
- 1/2 tsp ground turmeric
- 1/4 tsp ground mustard powder
- 1/4 tsp ground cinnamon
- 1 tsp grated ginger
- 1 tsp minced garlic
- 1 cup chopped red bell pepper
- 1 cup sliced carrots cut into half moons if very wide
- 1/2 cup water use more as needed
- 1 cup diced zucchini
- reserved potato that you scooped out of the cooked potatoes chopped
- 2 cups chopped rainbow chard or other green like kale, spinach or collards
- salt to taste

## ***Simple Cucumber Cilantro Raita Ingredients:***

- 1/4 cup unsweetened plain soy yogurt or plain vegan yogurt of your choice
- 2 tsps grated cucumber
- 2 tsps minced cilantro

- salt to taste

### ***Other Toppings:***

- chopped cashews
- chopped cilantro
- chopped scallions

### **Instructions**

#### ***Make the potatoes:***

1. Preheat the oven to 425 degrees and prepare 2 baking sheets by covering with parchment paper.
2. Rub both sides of the potato halves with olive oil, place cut side down on the baking sheet. Then sprinkle the skin side with garam masala and salt.
3. Place in oven for 30 to 45 minutes, or until you can easily pierce the cut side with a fork.
4. Once the potatoes are cool enough to touch, gently scoop out the middle. I like to score the cut side with a knife first and leave a “bowl lip” of potato and a layer of white potato on the inside so it’s a sturdy bowl.

#### ***Make the spring vegetable curry in your instant pot:***

5. Heat the oil in your instant pot on the saute setting. Once hot add the garam masala, cumin seeds, turmeric, mustard powder, and cinnamon. Saute until the spices become fragrant, about 1 minute.
6. Stir in the ginger, garlic, and red bell pepper and saute another minute.
7. Add in carrots and water. Put the lid on and close the pressure valve. Cook on high pressure for 5 minutes.
8. Carefully release the pressure manually by moving the value to vent. Remove the lid and add the zucchini and potato. Change the setting back to saute. If it starts to stick to the pan, add another ½ cup water.
9. Once the zucchini are tender stir in the chopped rainbow chard and cook another minute.
10. Salt to taste, before adding to the potato skins.

***Make the raita:***

11. Stir the yogurt, cucumber, and cilantro together and salt to taste.

***How to serve:***

12. Fill the potato skin “bowls” with the curry mixture. Have bowls of the topping and raita to pass at the table so everyone can make theirs just the way they like it.
13. You could also multiply the recipe to serve a crowd and serve it buffet style. I’d recommend keeping the curry in a slow cooker on warm, but be aware that you may need to add a little more water as the day goes on.

# **. Chana Dal Veggie Soup**

Serves: 4

Cooking time: 45 minutes

## **Ingredients**

- 1/2 cup chana dal split chickpeas, washed or use yellow split peas (preferably soaked for half an hour)
- 3 cups water
- 1 tsp oil
- 1/2 a medium onion chopped
- 5 cloves of garlic chopped
- 1/2 inch ginger finely chopped
- 1 tsp garam masala or use 1/2 tsp cumin + 1/2 tsp coriander
- 1 tsp turmeric
- 1/4 to 1/2 tsp cayenne
- 2 juicy tomatoes pureed or 1 1/4 cup
- 1.5 cups or more veggies chopped small I used sliced carrots, small cauliflower florets and cubed butternut squash
- 3/4 tsp or more salt
- cilantro and lemon for garnish

## **Instructions**

1. Combine chana dal and water in a saucepan, partially cover and cook over medium heat for 30 mins or al dente.
2. Heat oil in a skillet over medium heat. Add onion, garlic, ginger and cook for 5 mins.
3. Add the spices and mix in. Cook for a minute.
4. Add pureed tomato and bring to a boil. Add the veggies and mix in.
5. Add to the simmering chana dal or split peas. Add 1/2 to 1 cup water and salt. Mix and cook for 15 minutes or until veggies are cooked to preference.
6. Add a dash of lemon juice. Taste and adjust salt and heat.

7. Garnish with cilantro and serve as a soup in a bowl or over rice or other grains of choice, or with flatbread or pita bread.

# **. Lentil Kidney Chili**

Serves: 4

Cooking time: 45 minutes

## **Ingredients**

- 1/2 cup dry lentils brown lentils or 1 cup cooked
- 1 cup kidney beans cooked or canned
- 2 tsps oil
- 1/2 red onion chopped
- 1 green chili chopped (serrano or bird's eye or jalapeno, to taste)
- 2 to 3 cloves of garlic chopped
- 2 medium tomatoes chopped
- 1/2 tsp chipotle pepper powder
- 2 to 3 tsps taco spice
- 1/2 red bell pepper chopped
- 1/4 cup chopped celery
- 2 cups water less or more to consistency preferred, use 1.5 cups if using cooked lentils
- 3/4 tsp salt or to taste
- 1/2 cup fresh or frozen corn
- pickled jalapeno cilantro, lemon juice, sour cream/yogurt, guacamole, tortilla strips for garnish.

## **Instructions**

1. Soak the lentils in hot water for half an hour. Drain and keep ready.
2. In a large pan, add oil, and heat on medium. Add the onion and cook until translucent for 4 minutes.
3. Add in the green chili pepper and garlic and cook for 2 minutes.
4. Add the tomatoes, chipotle pepper, taco spice and cook until tomatoes are saucy for 5 minutes.
5. Add the bell pepper, celery, mix and cook for a minute.

- 6.** Add the drained lentils and kidney beans, salt and water and mix well. Cover and cook for 20 minutes.
- 7.** Stir, taste and adjust salt and spice, and water if needed. Reduce heat to low-medium and cover and cook for another 20 minutes or until the lentils and kidney beans are very tender. (If using cooked lentils, simmer for 5 minutes.)
- 8.** Cook uncovered to thicken the chili or add water if too thick.
- 9.** Mix in the corn and 1/2 tsp lemon juice. Sprinkle a bit more taco spice blend if you like. I did.
- 10.** Serve hot, topped with some of vegan sour cream, cashew cream or yogurt, pickled jalapenos, chopped onion, a bunch of cilantro, non dairy cheddar, salsa, sliced avocado and anything and everything. To make this indian, add garam masala instead of taco spice.



# **. Cilantro Lime Brown Rice**

Serves: 4

Cooking time: 20 minutes

## **Ingredients**

- 2 cups brown rice
- 1 lime, zested and juiced
- enough water to equal 2 1/2 cups
- 1 cup chopped cilantro (more or less to taste)
- salt to taste

## **Instructions**

1. Add rice to instant pot taking care to remove any stray grains from around the top of the inner pot.
2. Zest and juice the lime. Add lime juice to measuring cup and add enough water to equal 2 1/2 cups liquid. Add to pot along with zest. Add cilantro and stir to combine.
3. Close and lock lid. Check that steam release handle is set to "Sealing" position. Press manual button then use the [-] or [+] button to set time to 22 minutes cooking time.
4. When the time is up, let the instant pot go to keep warm mode and count 10 minutes. Then press cancel and, using a pot holder or oven mitt, twist the steam release handle on the lid to the venting position.
5. When it's done venting, use a pot holder or oven mitt to carefully remove the lid. Fluff rice and add salt to taste.

# **. Cauliflower Mushroom Risotto**

Serves: 4

Cooking time: 20 minutes

## **Ingredients**

- 1 medium head of cauliflower
- 1 tbsp ghee or coconut oil for AIP or dairy sensitivity
- 1 small onion diced
- 1 lb small shiitake mushrooms, sliced or cremini or white mushrooms
- garlic cloves minced
- 2 tbsps coconut aminos
- 1 cup full-fat coconut milk
- 1 cup bone broth or chicken broth or vegetable broth
- 1/4 cup nutritional yeast
- 1/2 tsp sea salt or more, to taste
- 2 tbsps tapioca starch
- ground black pepper to taste (omit for AIP)
- chopped parsley for garnish

## **Instructions**

1. Remove the leaves off the cauliflower and cut off the florets from the roots.
2. Use a cheese grater or a food processor with a grater attachment, and grate the cauliflower into the size of rice.
3. Add ghee or coconut oil to the Instant Pot and set it to "Sauté." Let it heat for 5 minutes and make sure to coat the bottom of the pan.
4. Add onion, mushrooms, and garlic and cook stirring for 7 minutes, until the mushrooms have sweat and are tender.
5. Add coconut aminos, and stir cooking for 5 minutes until the vegetables are browned. Turn off the instant pot.

- 6.** Add cauliflower rice, coconut milk, bone broth, nutritional yeast, and sea salt. Stir everything together.
- 7.** Seal the lid, make sure the pressure valve is set to close, and set the instant pot to "Manual" for 2 minutes.
- 8.** Once it finishes to a beep, immediately release the pressure valve and open the lid.
- 9.** Sprinkle tapioca starch over the risotto and stir until thickened. Add more salt if desired. Add ground black pepper, if using.
- 10.** Serve warm, sprinkled with chopped parsley.

# **. Pulled BBQ Jackfruit**

Serves: 4

Cooking time: 5 minutes

## **Ingredients**

- 20 ounce cans jackfruit, drained and rinsed
- 18-19 ounce bottle barbecue sauce, or make your own
- hamburger bun (white, whole wheat or gluten free) or corn tortillas
- shredded cabbage, optional

## **Instructions**

1. Pour 1 cup of water into your instant pot. Then add your drained and rinsed jackfruit to it. I buy my jackfruit at Trader Joes and it is already chopped up. If yours is different, then chop it into 1-2 inch pieces.
2. Bring to pressure and set for 5 minutes.
3. Allow the pressure to release naturally for 10 minutes, then release any remaining pressure manually.
4. Drain the jackfruit in a colander, then add back to the instant pot.
5. Mash with a potato masher, until it resembles pulled pork and is shredded.
6. Now add in about half of the barbecue sauce and mix well. Add more barbecue sauce to taste.
7. Serve on buns or corn tortillas with optional cabbage.

# . Pumpkin Walnut Chili

Serves: 4

Cook time: 60 minutes

## Ingredients

### *Pumpkin Chili Ingredients:*

- 1 28-ounce can fire-roasted tomatoes
- half an onion, minced
- cloves garlic, minced
- 2 poblano peppers, chopped
- 2-3 chipotle peppers, chopped
- 2 cups walnuts, chopped
- 1 cup red lentils
- 1 cup bulgur
- 2 tbsps chili powder
- 1 tbsp smoked paprika
- 1 tbsp salt
- 2 cups water or broth (refill the tomato can about 2x)

### *Add at the end:*

- 1 14-ounce can pumpkin puree
- 2 or 3 14-ounce cans black beans, rinsed and drained

## Instructions

1. Place all the chili ingredients in the instant pot and set to soup mode for 30 minutes.
2. Release the steam, stir in the pumpkin and black beans, and season with more salt, more spice, etc. Serve with avocado, lime wedges, cilantro, tortilla chips, rice, cornbread... whatever you like with your chili! If it's too thick, you can always thin it out with additional water or broth.

# **. Lentil Veggie Dhansak**

Serves: 4

Cooking time: 35 minutes

## **Ingredients**

### ***Dal and Veggies:***

- 3/4 cup total split dals combination of red lentils (masoor dal and yellow lentils (mung dal) or toor and moong dal)
- 2 cups chopped vegetables (heaped such as cauliflower, eggplant, zucchini, opo squash, pumpkin, sweet potato, broccoli etc)
- 1 cup packed chopped greens such as spinach, fresh fenugreek leaves, mustard leaves, chard or amaranth
- 1 tbsp minced ginger
- 4 cloves of garlic minced
- 1 hot green chile minced
- 1/2 tsp turmeric
- 3/4 tsp salt
- 1 1/2 tsp dhana jeera powder or 1/2 tsp garam masala + 1/2 tsp coriander powder + a good pinch of ground cloves

### ***Tempering:***

- 1 tsp oil
- 3/4 tsp mustard seeds
- 1/2 tsp cumin seeds
- 1/2 cup chopped onion (heaped)
- 3 cloves of garlic finely chopped
- 1/2 tsp salt and garam masala or more as needed

## **Instructions**

1. Soak the dals for 15 mins to half hour. Drain and combine in a pressure cooker/instant pot with the vegetables, and the rest of the ingredients under dals and veggies (ginger, garlic, spices) and 2.5 to

3 cups water. Cook for 3 minutes on manual, high pressure. Let the pressure release naturally.

2. Meanwhile, make the tempering. Heat oil in a small skillet over medium heat. When the oil is hot, add mustard and cumin seeds and let them start to pop. Add onion and garlic and cook until golden, stirring occasionally. (A heavy bottom pan, a pinch of salt and stirring at regular intervals gives an even golden onion)
3. Once the pressure has released, open the lid. At this point you can mash the veggies and lentils for a more traditional version..
4. Mix in half the tempering into the lentil vegetable mixture in the instant pot. Taste and adjust salt and heat (cayenne). Add more salt and garam masala if needed. Garnish with the remaining half tempering, cilantro and lemon juice and serve.
5. Serve with rice, flatbread, toasted bread or garlic bread, garlic naan and kachumbar salad (cucumber tomato onion salad).

# **. Stuffed Acorn Squash**

Serves: 4

Cooking time: 30 minutes

## **Ingredients**

- 3/4 cup dry chickpeas about 1 3/4 cup when soaked
- 1/4 cup brown rice washed and soaked for half an hour
- 2 cups water
- 1 small acorn squash halved and seeds removed
- 1 tsp oil
- 1/2 tsp cumin seeds
- 1/2 cup chopped red onion
- 4 cloves of garlic finely chopped
- 1/2 inch ginger minced
- 1 green chili minced
- 1/4 tsp turmeric
- 1/2 tsp garam masala
- 1/2 tsp dry mango powder amchur or use 1/2 tsp more lime juice
- 2 small tomatoes chopped
- 1/2 tsp lime juice
- 1 cup loosely packed chopped greens like rainbow chard or spinach
- 1/2 tsp or more salt
- 1/4 to 1/2 tsp cayenne
- cilantro paprika and black pepper for garnish

## **Instructions**

1. Soak the chickpeas overnight, soak the brown rice for atleast half an hour (about the time needed to prep).
2. In a pressure cooker, add oil and heat over medium heat.
3. Add cumin seeds and cook until they change color and get fragrant. about a minute.



4. Add onions, garlic, ginger and chili and a good pinch of salt. Cook for 5 minutes or until translucent.
5. Add spices and mix well for a few seconds. Add tomato, lime juice, and greens, cook until the tomatoes are saucy for 4 to 5 minutes. Add a splash of water to deglaze if needed in between. Add in salt, cayenne, chickpeas, rice and 2 cups water. Mix well.
6. Depending on the size of the pressure cooker and squash, you can add one half or both halves of the squash to the cooker. Place squash in a steamer basket or steamer plate (or any kind of holder which has space to allow the steam to circulate) over the chickpea mixture. Close the lid and cook over medium high heat until the high pressure is reached. Reduce heat to medium-low and cook for 15 to 20 minutes. Let the pressure release naturally. Open the lid, Carefully remove the steamer basket. Taste and adjust the chickpea rice stew. Taste and adjust salt and spice. Generously fill the squash with the chickpea rice mixture, garnish with cilantro and black pepper and serve.
7. Note: If the chickpeas are not cooked to preference. Cover the cooker (don't lock the lid) and cook over medium heat for 5 to 10 minutes.

# Desserts

# Chai Spiced Instant Pot Rice Pudding

Serves: 4

Cooking time: 15 minutes

## Ingredients

- 1 cup short grain rice (also sold as pudding rice)
- 1 cup almond milk (unsweetened)
- 1 cup coconut milk (unsweetened)
- 1 + 1/2 cups water
- 2 tbsps brown sugar
- 6 medjool dates, sliced (peeps out)
- 1 teaspoon cinnamon powder
- 1 teaspoon ground ginger powder
- 1/4 teaspoon ground nutmeg
- 5 cardamom pods
- 2 cloves or 1/4 ts[ allspice powder (this one is optional)
- 1 teaspoon vanilla extract
- pinch of salt
- to garnish: berries, nuts, chopped dates or other dried fruit, pistachios, hemp seeds, coconut flakes, dried mango, papaya or pineapple, sliced bananas.

## Instructions

1. Combine all ingredients, except for the garnishes, in the inner pot. Lock the lid and set the instant pot to manual, high, for 10 minutes. After 3 beeps the instant pot will start to build up the pressure, which will take about 5 minutes.
2. Once the timer goes off, allow natural pressure release for 5 minutes, and then use the quick release method to let off the rest of the steam.
3. Open the lid and stir through the rice. Add more water or almond milk, if you prefer a slightly thinner consistency. Serve topped with your favourite nuts, seeds and dried fruit.

# Pear and Cranberry Cake

Serves: 4

Cooking time: 35 minutes

## Ingredients

### *Dry Ingredients:*

- 1 1/4 cup 150 g whole wheat pastry flour (use a gluten-free baking mix)
- 1/2 tsp ground cardamom
- 1/2 tsp baking soda
- 1/2 tsp baking powder
- 1/8 tsp salt

### *Wet Ingredients:*

- 1/2 cup unsweetened nondairy milk
- 1/4 cup whole earth sweetener agave 50
- 2 tbsps 14 g ground flax seeds
- 2 tbsps mild oil

### *Mix-Ins:*

- 1 cup chopped pear
- 1/2 cup chopped fresh cranberries

### *For Cooking:*

- 1 1/2 cups water

## Instructions

1. Oil a 6 or 7-inch bundt pan and set aside.
2. Mix all the dry ingredients in a medium mixing bowl. Then mix all the wet ingredients in a large measuring cup.
3. Add the wet ingredients to the dry and mix well. Fold in the mix-ins.
4. Spread the cake mixture into your prepared pan and cover with foil.
5. Put the steel insert into your Instant Pot, add the water into the bottom along with the stainless steel steam rack with handles that came with

your Instant Pot.

6. Place the lid on with the vent closed and cook on high pressure for 35 minutes. Let the pressure release naturally.
7. Once the pressure indicator goes down, remove the lid, carefully lift out the pan and remove the foil that's covering the pan.
8. Let cool before removing the cake from the pan and/or cutting.

# Vegan Chocolate Cake

Serves: 4

Cooking time: 35 minutes

## Ingredients

### *Dry Ingredients:*

- 2 cups all purpose flour could use gluten free 1-to-1
- 3/4 cup unsweetened cocoa powder
- 1 1/2 tsp baking soda
- 1 tsp salt

### *Wet Ingredients:*

- 1 1/2 cup nut milk (I used coconut as it is thicker)
- 2 tsps vinegar apple cider or white
- 1 1/4 cup sugar
- 3/4 cup oil I used sunflower
- 1 1/2 tsp vanilla extract

## Instructions

1. Prepare your pans: use two 7 inch springform pans. Spray/wipe with oil, then dust on a layer of flour. Have two pieces of tin foil ready to go over the pans. Prepare a foil sling. Put 1 1/2 cups water in the bottom of the liner of the IP. Place a small trivet in the liner.
2. Put the 1 cup of milk into a large glass measuring cup or a small bowl. Add the vinegar and set aside
3. Mix all the dry ingredients together in a large bowl. Whisk well to combine.
4. Add the sugar to the milk and whisk well to combine. Make sure the sugar all dissolves. Then, add the oil, and mix very well again.
5. Pour the wet ingredients over the dry ones and use the whisk to combine well. You want it to just come together, do not over mix.
6. Pour the batter into the prepared pans, dividing evenly. Cover with foil. Place the sling into the liner of the instant pot, just over the

trivet and then place both tin foil covered pans stacked into the liner. Lock on lid and make sure toggle is set to sealing.

7. Manual/high pressure cook the cakes for 35 minutes. Let them have a 10 natural pressure release. Carefully remove the cakes from the IP by lifting them up with the sling. Uncover and allow them to cool completely. Use frosting, whipped cream, or ganache to decorate.

# Apple Crumble

Serves: 4

Cooking time: 15 minutes

## Ingredients

- 3/4 cup quick oats use certified gluten free for allergies
- 1/4 cup spelt flour
- 1/4 cup coconut sugar
- 1/2 tsp salt
- 1/4 cup coconut oil liquefied
- 5 medium honey crisp apples peeled and cut into chunks
- 2 tsps cinnamon
- 1/2 cup water
- 1 tbsp maple syrup

## Instructions

1. In a small mixing bowl, stir together the oats, spelt flour, coconut sugar and salt. Pour the coconut oil over and stir well, coating the oats. Set aside.
2. Place peeled & chopped apples in the liner pot. Sprinkle them with the cinnamon and pour the maple syrup over top. Cover with the water.
3. Drop the oat mixture evenly over top
4. Lock the lid in place and seal the valve. Press manual and cook on high pressure for 8 minutes. Allow the pressure to fully release naturally.
5. Serve warm with vanilla ice cream (use coconut milk ice cream for vegans).



# Tapioca Pudding

Serves: 4

Cooking time: 15 minutes

## Ingredients

- 1 cup water (or 1/2 cup if making directly in the IP stainless pot)
- 1 can (13.5 ounces) full fat coconut milk
- 1/3 cup small tapioca pearls
- 1/4 cup maple syrup (or more)
- 1 tsp 100% vanilla extract
- pinch sea salt
- 1/4 teaspoon ground nutmeg (optional, omit for AIP)

## Instructions

1. Pour water into the stainless steel basin and lower in the steaming rack.
2. Combine all of the ingredients in an oven proof glass bowl and stir (you can make directly in the stainless but only use 1/2 cup water).
3. Lower the bowl onto top of the steaming rack and secure the lid.
4. Secure the pressure valve closed and press the “Manual” button.
5. Now press the “-” button until it reads 20 minutes.
6. Alternatively if you are making it directly in the stainless bowl, instead of pressing the “Manual” button, you can just press the “Rice” button.
7. Allow the cooking cycle to complete and then quick release the pressure valve and remove the lid once safe to do so.
8. Now stir the mixture once more and transfer to the fridge. If you made it in a glass bowl you can keep it in there or if you made it in the stainless IP bowl you can pour it into another container and refrigerate.

- 9.** It can take an hour or so to thicken as it cools so give it time to reach its ultimate texture.
- 10.** Serve chilled with fresh fruit or mint leaves.

# Gajar Halwa

Serves: 4

Cooking time: 25 minutes

## Ingredients

- 1 tbsp vegan butter or oil
- 3 tbsps cashews
- 3 tbsps chopped dates or raisins, or currants
- 2 cups of shredded carrots rainbow carrots or red or a combination of purple and red
- 4 tbsps sugar
- 1/8 to 1/4 tsp salt use 1/4 tsp if using oil instead of vegan butter
- 1/4 cup almond meal
- 1/4 cup non dairy milk such as almond or soy , use 1/2 cup if your carrots are not very moist
- 1/4 tsp ground cardamom
- pistachios or cashews for garnish

## Instructions

1. Put the instant pot on saute (stove top pressure cooker over medium heat). Add vegan butter or oil.
2. Add cashews and cook until golden. Stir occasionally. About 2-3 minutes. Add dates/raisins and cook for a few seconds.
3. Add carrots, sugar, salt and almond meal and mix well. Cook for a minute. Add non dairy milk and mix in.
4. Close the lid. Pressure cook for 6 to 7 minutes manual, hi in instant pot (3 mins over medium heat in stove top pressure cooker). Let the pressure release naturally. Open the lid, mix in the cardamom. Taste and adjust sweet if needed.
5. Put the pot on saute and cook the mixture for 3 to 4 mins to roast it well and to dry out the liquid. Stir well in between to avoid sticking. At this point you can add another 2 tsp vegan butter and mix in. Once the mixture starts to stick and is dry-ish. Switch off and let it

sit. The pot will be hot for a while, let the carrot mixture slow cook in the heat for 15 mins or so. Stir once in between. When the mixture is warm-cool, serve, or store refrigerated. Garnish with chopped cashews or pistachios to serve.

# Pumpkin Spice Cake

Serves: 4

Cooking time: 15 minutes

## Ingredients

- 3/4 cup buckwheat flour
- 1 tsp baking powder
- 1/4 cup butternut squash puree or pumpkin puree
- 1/3 cup unsweetened almond milk
- 1/2 tsp vanilla extract
- 1 tsp apple cider vinegar
- 1/4 tsp pumpkin pie spice
- 1/3 cup maple syrup
- 2 tbsps melted ghee or coconut oil (use coconut oil for vegan)

## *For the icing:*

- 4 ounces almond ricotta cheese, room temperature
- 2 tbsps maple syrup

## Instructions

1. Spray your cake pan with non-stick spray and set aside.
2. Set the trivet into your 8-quart instant pot and add 2 cups of water.
3. Combine the buckwheat flour and baking powder in a medium mixing bowl.
4. Add the butternut squash or pumpkin puree, almond milk, vanilla extract, apple cider vinegar, pumpkin pie spice, maple syrup, and melted ghee or coconut oil.
5. Stir to combine.
6. Pour the batter into the cake pan.
7. Use your foil handle to gently lower the cake pan onto the trivet.
8. Lock on the lid and set the Instant Pot to high pressure for 15 minutes.

9. Once the cooking time has completed, let the pressure come down naturally for at least 15 minutes.
10. Remove the lid, being careful not to drip water onto the top of the cake.
11. Let the cake cool.
12. In the meantime, make the icing by placing the almond milk ricotta cheese in a small mixing bowl.
13. Add the maple syrup and use a small whisk to blend together.
14. Once the cake has cooled, pour over the icing and use a spatula to spread it evenly on top of the cake.
15. Serve the cake at room temperature (refrigerate any leftovers).

# Brownies with Pumpkin

Serves: 4

Cooking time: 25 minutes

## Ingredients

- 80 ml (1/3) cup oil
- 80 ml (1/3 cup) pumpkin puree
- 80 ml (1/3 cup) almond milk
- 2 tbsps sugar free apple sauce
- 1 tsp vanilla extract
- 170 g (1/2 cup) granulated sugar
- 90 g (3/4 cup) plain flour
- 3 tbsps unsweetened cocoa powder
- 3 tbsps almond flakes optional
- 1 tsp baking powder
- 1 tsp pumpkin pie spice
- pinch of salt

## Instructions

1. Line and lightly oil a 7 inch cake tin with at least 2 inch deep sides and set aside
2. Mix together the oil, pumpkin puree, almond milk, apple sauce, vanilla extract, and sugar in a bowl until combined.
3. Add the rest of the ingredients and mix until just combined.
4. Pour the brownie batter into the prepared tin and then cover the tin with foil and place on the trivet.
5. Pour the water into the Instant Pot Insert, and place a trivet with the covered brownie cake tin into the instant pot.
6. Cover your instant pot, set the vent to 'sealing,' select the manual or pressure cook button (dependent upon IP model), select high pressure and set the timer to 20 mins.

7. When done allow the pot to undergo natural pressure release for 15 mins, switch off, open and remove the brownie, remove the foil and let cool in the tin for 10 mins
8. Remove brownie onto a wire rack, let cool completely before serving.



# Vegan "Cheese" Cake

Serves: 4

Cooking time: 25 minutes

## Ingredients

### *Cheesecake Filling:*

- 1 cup raw cashews soaked in boiling water for 10 mins
- 1 cup coconut cream (or full fat coconut milk)
- 10 oz silken tofu firm
- 2 tbsps corn starch
- 3 tbsps stevia
- 1 tbsp vanilla essence
- 1/4 cup lemon juice
- optional - for cookies and cream flavour
- 1/2 cup chocolate cookie crumbs

### *Cheesecake Crust:*

- 1 packet cookies crushed into crumbs
- 3 tbsps vegan/dairy free butter

### *Toppings:*

- 1/4 cup strawberry filling
- 10 oreo cookies

## Instructions

1. Combine softened vegan butter with cookie crumbs until it reaches the texture of wet sand. Push firmly into the base of either 2 x 7" springform pans or 4 x 4" spring form pans. Note, I used 4 x 4" springform pans sprayed with cooking oil (despite their promise of non-stick).
2. You have the choice of baking your crust for 10 mins at 350 F. Or you can leave them as is. I baked mine first as my experience has been they hold up better when cutting if they have been baked first. Next

time I will probably skip this step as it didn't seem necessary when pressure cooking.

3. To make your filling add your cashews and coconut cream to a high powered blender and blitz until completely smooth. I soaked my cashews in boiling water for 10 minutes which is enough for my blender - however if yours is not that powerful you may want to soak for longer.
4. Add cashew/coconut cream mixture to a food processor along with the other filling ingredients (except for the optional cookie crumbs) and blend until a smooth creamy texture is achieved. Note before adding the cornstarch I did combine it into a smooth paste with some of the cashew/coconut cream mixture to ensure that it combined nicely into the filling.
5. I made 2 flavours with the same filling. I poured half the mixture into two of my pans and then added the extra cookie crumbs (folding through the remaining mixture). I then poured the cookie incorporated mixture into the final 2 pans. You could make all cookies and cream - all vanilla or half and half like I did. It's a choose your own adventure
6. Place the trivet into the instant pot and 1 cup of water beneath. Stack your pans on top - my 4" pans fit in my 6 quart pot with 2 pans on the bottom and two on top of them (offset so they didn't crush the cheesecakes below).
7. Put your lid on and seal. Manual pressure for 13 minutes with a 10 minute natural pressure release.
8. Take out of the pot and cool on a rack until they reach room temperature and then pop in the fridge to chill. I let mine cool and chill completely in the pans overnight and then decorated the next day - however this was not necessary and I am sure a couple of hours in the fridge would be enough.

# **. Lemon Cheesecake**

Serves: 4

Cooking time: 15 minutes

## **Ingredients**

- 12 gingersnaps or vanilla wafers
- 1 1/2 tbsps almonds, toasted
- 1/2 tbsp vegan margarine
- 2 (8-ounce) packages vegan cream cheese
- 1/2 cup granulated sugar
- 2 ounces silken tofu
- zest of 1 medium lemon
- 1 tbsp fresh lemon juice
- 1/2 tsp natural lemon extract
- 1 tsp vanilla extract
- 2 cups water

## **Instructions**

1. Grease the inside of a 7-inch springform pan with nonstick spray. Add the cookies and almonds to a food processor. Pulse to create cookie crumbs and chop the nuts. Add the melted vegan margarine and pulse to mix.
2. Transfer the crumb mixture to the springform pan and press down into the pan.
3. Cut the cream cheese into cubes and add it to the food processor along with the sugar; process until smooth. Add the tofu, lemon zest, lemon juice, lemon extract, and vanilla. Process 10 seconds or until smooth. Scrape the bowl and then process another 10 seconds or until the batter is well mixed and smooth.
4. Place the springform pan in the center of two 16-inch by 16-inch pieces of aluminum foil. Crimp the foil to seal the bottom of the pan.
5. Transfer the cheesecake batter into the springform pan. Pour the water into the Instant Pot™ and insert the trivet. Set the springform pan

holding the cheesecake batter on the trivet. Lock the lid into place, press the Manual button, and adjust timer to 15 minutes. When the timer beeps, let pressure release naturally until float valve drops and then unlock lid.

6. Lift the covered springform pan out of the pot and place on a wire rack. Remove the top foil. If any moisture has accumulated on top of the cheesecake, dab it with a piece of paper towel to remove it. Let cool to room temperature and then remove from the springform pan.

# . Granola Instant Pot Apple Crisp

Serves: 4

Cooking time: 10 minutes

## Ingredients

- 1 1/2 cups sprouted oat vanilla chia granola
- 1/4 cup coconut oil
- 1/4 cup organic brown sugar
- 4 large or 6 small tart apples (like granny smith), enough for 5 cups sliced
- 2 tbsps maple syrup
- 1 tsp cinnamon
- 1/2 tsp ground ginger
- 1 tsp vanilla extract
- 2/3 cup water

## *For the garnish:*

- zest of 1/2 lemon
- 1/8 tsp cinnamon

## Instructions

1. In a small bowl, mix together the granola, room temperature coconut oil and 2 tablespoons brown sugar; you may need to use your hands to bring everything together. Note: The granola we used was lightly sweet. If using a very sweet granola, you can lessen the sugar in the topping.
2. Peel and slice the apples into about 1/4" slices, enough for 5 cups, and place them in the bowl of the instant pot. Stir in 2 tablespoons brown sugar, then the maple, cinnamon, ginger, vanilla and water. Smooth the apples into an even layer and pour the granola mixture over the top, covering the apples.
3. Lock the top of the instant pot. Pressure cook on high for 2 minutes. (Note: It takes about 5 minutes for the pot to "preheat" before it starts cooking. During cooking, avoid touching the metal part of the

lid.) After the pot beeps, immediately do a Quick Release: vent the remaining steam by moving the pressure release handle to “Venting”, covering your hand with a towel or hot pad. (Never put your hands or face near the steam release valve when releasing steam.)

4. While the crisp is cooking, prepare the garnish: zest 1 lemon. Mix it together with 1/4 teaspoon cinnamon.
5. After the quick release, remove the lid. Turn off the pot and let the crisp sit uncovered for 5 minutes (make sure keep warm feature is turned off). This lets the sauce thicken; the oats will be intentionally chewy, not crunchy. Scoop the crisp into bowls and add a pinch of the lemon zest garnish. If desired, serve with vegan vanilla ice cream.

# **. Flourless Brownies Recipe**

Serves: 4

Cooking time: 25 minutes

## **Ingredients**

- $\frac{3}{4}$  cup almond butter
- $\frac{3}{4}$  cup coconut sugar
- $\frac{1}{3}$  cup raw cacao powder
- 1 egg
- $\frac{1}{4}$  tsp fine sea salt
- $\frac{1}{2}$  tsp baking soda
- $\frac{1}{2}$  tsp pure vanilla extract
- $\frac{1}{2}$  cup dairy-free dark chocolate chips (optional)

## **Instructions**

1. Line a 7-inch round pan with parchment paper. In a large bowl, combine the almond butter, coconut sugar, cacao powder, egg, salt, baking soda, and vanilla and stir well to create a thick batter.
2. Transfer the batter to the prepared pan and use your hands to press it evenly into the pan. Sprinkle with the chocolate chips and gently press them into the batter. Pour 1 cup water into the instant pot and arrange the handled trivet (see page 11) on the bottom. Place the pan on top of the trivet and cover it with an upside-down plate or another piece of parchment to protect the brownies from condensation.
3. Secure the lid and move the steam release valve to Sealing. Select manual/pressure cook to cook on high pressure for 15 minutes. When the cooking cycle is complete, let the pressure naturally release for 10 minutes, then move the steam release valve to venting to release any remaining pressure. When the floating valve drops, remove the lid.
4. Use oven mitts to lift the trivet and the pan out of the pot. Let the brownies cool completely in the pan before cutting and serving, as

they will be very fragile when warm. Store leftovers in an airtight container in the fridge for 2 weeks.



# **. Instant Pot Baked Apples**

Serves: 4

Cooking time: 5 minutes

## **Ingredients**

- 4 small gala apples (115 g or 1/4 pound each)
- 4 tbsps chopped walnuts
- 1 tsp brown sugar
- 1 tsp cinnamon
- 8 frozen cranberries
- 1 tsp coconut oil

## **Instructions**

1. Core the apples. Cut out the centre of the apples without cutting through all the way to the bottom. Scrape a little bit of the apple flesh to make room for the filling.
2. Mix the chopped walnuts, brown sugar, and cinnamon in a small bowl.
3. Evenly divide the walnut-sugar mixture between each apple.
4. Add two frozen cranberries to each apple.
5. Top the filling with 1/4 teaspoon coconut oil each.
6. Place the apples on a trivet that came with your Instant Pot.
7. Add a cup of water to the Instant Pot insert, place the trivet with the apples inside, close and lock the lid.
8. Turn the vent on the lid to the sealing position.
9. Press manual or pressure cooker button (depending on your model) and using the arrow buttons set the cook time to 3 minutes. Depending on your instant pot model, it'll take around 5-7 minutes to come to pressure.
10. Once the instant pot beeps that the 3 minutes of cooking are done, do a quick pressure release. This will take about 1 minute.

- 11.** Very carefully, as they will be really hot, remove the apples from instant pot and enjoy!

## Conclusion

I hope you enjoyed our vegan instant pot cookbook.

The instant pot opens up a world of possibilities when cooking. It not only makes the cooking process of your favorite dishes easier, it also dramatically cuts down on the cooking time needed to make them. I recommend trying to create your own dishes. Push the limits of what your instant pot can do and you'll be happier in the long run.