



# Easy Instant Pot(R) Green Moong Dal

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Prep  
10 m

Cook  
25 m

Ready In  
45 m

Recipe By: Fioa

"This delicious and traditional vegan lentil curry soup is hearty, high in protein, and very simple to make in your Instant Pot®."

## Ingredients

- |                                       |                               |
|---------------------------------------|-------------------------------|
| 1 tablespoon olive oil                | 1 teaspoon coriander          |
| 1 onion, diced                        | 1 teaspoon salt               |
| 1/2 tablespoon minced garlic          | 1 teaspoon garam masala       |
| 1/2 tablespoon ground ginger          | 1/2 teaspoon cayenne pepper   |
| 1 teaspoon cumin                      | 1 pinch ground turmeric       |
| 1 cup green moong dal lentils, rinsed | 1 tablespoon lemon juice      |
| 3 cups water                          | 1 tablespoon chopped cilantro |

## Directions

- 1 Turn on a multi-functional pressure cooker (such as Instant Pot(R)) and select Saute function. Heat olive oil; add onions, garlic, ginger, and cumin. Cook until tender, about 2 minutes. Combine moong dal lentils, water, coriander, salt, garam masala, cayenne pepper, and turmeric in a multi-functional pressure cooker (such as Instant Pot(R)). Close and lock the lid. Select high pressure according to manufacturer's instructions; set timer for 15 minutes. Allow 10 to 15 minutes for pressure to build.
- 2 Release pressure using the natural-release method according to manufacturer's instructions, 10 to 40 minutes. Unlock and remove lid. Stir in lemon juice and cilantro.

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