



SWEET POTATO & RED LENTIL BUDDHA BOWL

• INSTANT POT RECIPE •

1 Tbsp. olive oil

1 medium onion, small dice

1 Tbsp. **Oh! So Garlic**

1 pkg. **Savoury Southwest Salt Free Spice Blend**

½ cup red split lentils, rinsed

1 can (540 ml) chick peas, drained

2 whole sweet potatoes (about 4 cups), peeled and chopped into ½" pieces

1 can (540 ml) diced tomatoes

1 cup water

¼ cup uncooked rice

Optional toppings: sliced avocado, pumpkin seeds, cilantro, lime wedges

Heat oil in the Instant Pot on sauté function (medium) and sauté onion and **Oh! So Garlic** for 2 minutes. Turn off the sauté function and stir in the **Savoury Southwest Salt Free Spice Blend**, lentils, chick peas, sweet potato, diced tomatoes and water. Secure the Instant Pot lid and turn the pressure valve to Sealing; press the Manual/Pressure button and adjust the cook time to 6 minutes (it will take 11 minutes to come up to pressure) and allow to cook. Turn the dial to Venting and use Quick Pressure Release.

Spoon over rice and top with optional toppings, if using.

- **Oh! So Garlic**
- **Savoury Southwest Salt Free Spice Blend**