

Maggie's Puy Lentils-stove or IP

1 1/2 cups	Puy lentils-dry	3	bay leaf
2 cups	veggie broth	1 1/4 tsp	thyme leaves
1 1/2 cup	water	2 tsp	Mustard – hot or otherwise
5	carrots		
3	stocks celery	1 tsp	pepper
8 oz	Fresh Mushrooms	1 tsp	parsley flakes
1	large onion	1 1/4 tsp	rosemary

Procedure

- 1 Wash lentils (any type lentil will do). Dice the carrots, celery, mushrooms and onion.
- 2 **STOVETOP METHOD:** Sauté lightly in some of the vegetable broth. Add lentils, bay leaves, broth and water. Bring to a simmer and cook gently until the liquid is absorbed and lentils are tender – 20-30 minutes depending on type of lentil used. Stir frequently, and ensure that you don't burn the mix ...it might need a bit more liquid at the end if the lentils aren't quite cooked, perhaps up to one more cup. When the lentils and veg are cooked, stir in the herbs, mustard, salt to taste.
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- 4 **Instapot:** Soak lentils overnight to allow them to plump. Drain and rinse lentils.
- 5 **DO NOT ADD THE BROTH OR WATER** in the amounts called for in the stove version. Instead, use **ONLY 1/2 cup** of veggie broth.
- 6 After the 1/2 cup broth, put all ingredients in the IP and stir to blend spices. Set IP on "beans" for ONE minute. Allow to natural release.

Servings: 6

Yield: guessing 1 cup per serving

Nutrition Facts

Nutrition (per serving): 171 calories, 11 calories from fat, 1.4g total fat, 0mg cholesterol, 69.5mg sodium, 436.3mg potassium, 32g carbohydrates, 8.2g fiber, 6.4g sugar, 12.3g protein.

Maggie's Veggies-IP

1/2	cup	veggie broth	1 1/4	tsp	thyme leaves
9		carrots	2	tsp	Mustard – hot or otherwise
5		stocks celery			
8	oz	Fresh Mushrooms	1	tsp	pepper
1		large onion	1	tsp	parsley flakes
3		bay leaf	1 1/4	tsp	rosemary

Procedure

- 1 Chop the carrots, celery, mushrooms and onion. The carrots can be in 1/2-1" long chunks as they will cook without difficulty.
- 2 Mix the 1/2 cup broth and all spices in the IP. Add remaining ingredients and stir to coat veggies. Set IP on "beans" for ONE minute. Allow to natural release.

Servings: 6

Nutrition Facts

Nutrition (per serving): 75 calories, 5 calories from fat, <1g total fat, 0mg cholesterol, 116.9mg sodium, 647.3mg potassium, 16.6g carbohydrates, 5g fiber, 8.3g sugar, 2.9g protein.