

1 Grocery List 3 *Vegetarian Dinners*

[illegible]

Notes : First Check what you have already

RECIPE CARD

Instant Pot Chana Saag

INGREDIENTS:

2 tablespoon oil
1 onion, finely chopped
2 cloves garlic, minced
1 inch grated ginger
1 tsp ground cumin
½ tsp ground turmeric
1 tsp garam masala
1 tsp ground coriander
½ tsp chili powder/paprika
2 tomatoes, diced
1 can (15 oz) chickpeas
2 cups chopped spinach
1 cup water
Salt to taste
Juice of ½ lemon

DIRECTIONS:

1. Set the Instant Pot to 'Sauté' mode and heat the oil.
2. Add the chopped onion and sauté until translucent, about 3-4 minutes.
3. Stir in the garlic and ginger; cook for 1 minute until fragrant.
4. Add ground cumin, ground coriander, turmeric, garam masala, and chili powder; stir well.
5. Mix in the diced tomatoes and cook until it softens, about 2-3 minutes.
6. Add the chickpeas and water; stir to combine.
7. Cancel 'Sauté' mode, secure the lid and seal the vent, and set the Instant Pot to 'Manual' or 'Pressure Cook' on high for 5 minutes.
8. Once done, allow a natural pressure release for 5 minutes, then quick release any remaining pressure.
9. Open the lid and stir in the chopped spinach until wilted.
10. Add salt to taste and finish with lemon juice before serving.



Serves

4



prep

5



cook

15

RECIPE CARD

Instant Pot Spinach & Chickpea Pulav

INGREDIENTS:

2 tablespoon oil
1 tsp cumin seeds
1 onion, sliced
1 inch ginger, grated
2 garlic cloves chopped
Salt to taste
 $\frac{1}{2}$ tsp ground cumin powder
 $\frac{1}{2}$ tsp garam masala
 $\frac{1}{2}$ tsp turmeric
 $\frac{1}{2}$ tsp paprika
1 tsp coriander powder
1 cup rice
1 cup water
1 can (15 oz) chickpeas
3 cups of fresh spinach chopped

DIRECTIONS:

1. Set Instant Pot to Saute, add oil.
2. Once hot, add onion + ginger-garlic—sauté briefly until aromatic.
3. Add in the salt, cumin powder, garam masala, turmeric, chili powder, coriander powder, rice, water & spinach.
4. Close lid, set to Sealing, press Manual/Pressure Cook on High for 5 minutes.
5. Let NPR (Natural Pressure Release) for 5 minutes, then Quick Release.
6. Open carefully, fluff, then stir in lime juice.
7. Serve with plain yogurt or jazz up the yogurt by adding some finely chopped cucumber, salt and 1 teaspoon of ground cumin powder.



Serves

4



prep

5



cook

15

RECIPE CARD

Chickpea Salad with Avocado Cilantro Dressing

INGREDIENTS:

1 can (15 oz) chickpeas
1 cup cherry tomatoes,
halved
1.5 cups cucumbers, diced
1 cup onion, finely
chopped
2 ripe avocado
4 cups fresh cilantro
(leaves and tender stems)
1 jalapeno (deseed, if you
like)
2 garlic cloves
Juice of 1 lime or lemon
½ cup yogurt
2 -3 tablespoons water
½ teaspoon ground cumin
powder
Salt to taste



Serves

4



prep

5



cook

0

DIRECTIONS:

1. Make the Dressing:

- In a blender or food processor, add all the ingredients for the dressing and blend until smooth. Feel free to water it down if you prefer a thinner consistency.

2. Assemble the Salad:

- In a large bowl, combine chickpeas, tomatoes, cucumber, onion.
- Pour the avocado cilantro dressing over the salad.
- Toss gently until everything is well coated.

3. Enjoy immediately, or chill in the fridge for 10-15 minutes for even better flavor.