

Lentil & Vegetable Khichdi - Instant Pot Pressure Cooker

A one-pot dish made with lentils, rice and vegetables along with simple spices and ghee. The epitome of comfort food all over India.

Course: Main Course

Cuisine: Indian

Servings: 3

Calories: 208 kcal

Ingredients

- 1/2 cup Split green moong lentils washed
- 1/2 cup White Rice washed
- 3 cups Water
- 1 tbsp Ghee
- 1/2 tsp Cumin seeds or Jeera
- 1/2 tbsp Ginger paste
- 1/2 Onion small, chopped
- 1 Tomato chopped
- Cilantro to garnish

Vegetables

- 1 Potato small, cut into small pieces
- 1/2 cup Carrots cut into small pieces
- 1/2 cup Green peas

Spices

- 1/4 tsp Turmeric or Haldi powder
- 1/4 tsp Cayenne or Red chili powder
- 1 tsp Salt

Instructions

1. Start the instant pot on Sauté mode and heat ghee in it. Add cumin seeds and let them bubble for 30 seconds. Then add onions and ginger. Let them cook for a minute.
2. Add all the veggies and spices. Stir them well.
3. Add the lentils, rice and water. Stir them well with the veggies.
4. Close the instant pot lid, and change the setting to manual or pressure cook mode for 5 minutes at high pressure with vent in sealing position.
5. When the instant pot beeps, do a 10 minute NPR. This means release the pressure manually 10 minutes after the instant pot beeps.
6. Garnish with cilantro. Serve hot with additional ghee to top it.