

Recipes by <https://get2droothealthandwellness.com/>

# Hearty Red Lentil Stew

## Instant Pot Hearty Red Lentil Stew:

2Tbsp	Minced Garlic
10oz bag	Frozen Sliced Mushrooms
1 cup	Frozen Sliced Carrots
1 ½ cup	Frozen Sweet Peas
10oz bag	Frozen Cauliflower
1 cup	Frozen Corn
2 cups	Yukon Gold Potatoes, peeled and diced
2 cups	Red Lentils, rinsed and drained
1Tbsp	Smoked Paprika
1Tbsp	Mild Curry
1 ½ Tbsp	Ms. Dash 'Table Blend'
2Tbsp	Sumac
1tsp	Dried Thyme
1 ½ tsp	Crushed Rosemary
½ tsp	Ancho Chile Pepper
2	Bay Leaves
¼ cup	Reduced Balsamic Vinegar
4 cups	Unsalted Vegetable Stock
2 cups	Water

## Directions:

Place all of the ingredients into the Instant Pot (6-Quart). Put the lid on and ensure the pressure valve is closed. Hit the 'Manual/Pressure Cook' button. Set the time to 15 minutes. After the Instant Pot has finish cooking, release the pressure valve to quickly release the pressure. Remove the lid. Give the ingredients a quick stir through and serve. The stew will thicken the longer it sits. It is also delicious with some Arugula greens served on top. Enjoy!

# Chocolate Balsamic Yam

## Chocolate Balsamic Yam Sundae

1 large	Japanese Sweet Potato, baked and chilled
1 Tbsp	Dark Chocolate Balsamic Vinegar
4 large	Fresh Strawberries
1 Tbsp	Walnuts, chopped (optional)

## Sweet Potato Vanilla N'ice Cream

3/8 cup	Unsweetened Plant Milk
2	Very Large Ripe Bananas, sliced and frozen
½ cup	Japanese Sweet Potato, roasted, chilled and skin removed
½ tsp	Vanilla Bean Powder (or 1 tsp extract)

1. Slice chilled Japanese Sweet Potato into 1" slices. Set aside.
2. Slice/chop fresh strawberries and put into a bowl. Pour the chocolate balsamic vinegar over the strawberries and stir until completely covered. Set aside.
3. Place all the Sweet Potato N'ice Cream ingredients into a food processor fitted with an 'S' blade. Process until smooth and creamy.
4. Using a plate or a bowl, put 1 slice of the Japanese sweet potato onto plate/bowl. Add 1 scoop of the banana N'ice cream on top of the potato slice. Repeat this process to desired height. Be sure that a scoop of N'ice cream is on top of your final layer.
5. Top yam stack with chocolate glazed strawberries and walnuts, if desired.  
Enjoy!