

RECIPE:

Curry Lentil Soup

Slow cooker directions

Step 1: No need to thaw. Cook from frozen.

Step 2: Add freezer bag contents into slow cooker, plus 14.5 oz can coconut milk and 4 cups broth.

Step 3: Cook on low 6-8 hours.

Step 4: Stir in spinach and serve.

Instant pot directions

Step 1: Dump the contents of the freezer bag into the Instant Pot, plus 14.5 oz can coconut milk and 4 cups broth.

Step 2: Set to High Pressure for 15 minutes, then allow a 10-minute natural release followed by a quick release.

Step 3: Stir in spinach, until wilted, and serve.

Expiration date: _____



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