

Beans, Rice And Everything Nice

Spicy Tomato Kabocha Squash – Instant Pot Soup



original recipe by beansriceeverythingnice.weebly.com

Ingredients

1 small onion, diced
2 cloves garlic, minced
1 inch of ginger, peeled and minced
1/2 teaspoon ground turmeric
1/2 cup red lentils, sorted and washed
2 cups hot water
2 stalks celery, washed, trimmed and sliced
1/2 of a 4lb kabocha squash, peeled and cubed (about 4 cups)
1 28 ounce can diced tomatoes
4 cups hot water
2 tablespoons **rasam powder**
1 whole dried chile
10 curry leaves, fresh or dried
1/2 teaspoon whole brown mustard seeds
1/2 teaspoon whole cumin seeds
cilantro to taste, chopped
fresh lime juice to taste

1. Begin heating the insert in the Instant Pot by pressing the saute button. Wait a minute and then dump in and saute the onion. Then add garlic and ginger. Cook with the onions until aromatic. Then Cancel the saute function with the button.
2. Add the lentils, ground turmeric, and warm water to the Instant Pot. Cover with the lid, lock it in place making sure that the steam valve is set to sealing and not venting. Press the Manual button and set the cook time to 5 minutes by using the minus sign button just under the time display.
3. While the lentils are cooking, wash and chop the celery. Cut the kabocha squash in half using a large knife and remove the seeds. Cut one half of the squash into quarters, then peel and chop. I find putting a slightly damp dish towel under the cutting board keeps the board from sliding around when I'm chopping the squash. Save the other half of the squash for another day. Open the can of tomatoes.
4. When the Instant Pot beeps 10 times in a row, press the Keep Warm / Cancel button to turn off the heat. Wait 10 minutes and manually release the pressure before opening the lid. Add in the celery, kabocha squash, canned diced tomatoes, water, and rasam powder. Mix well to combine. Replace the lid. Make sure that the steam valve is set to sealing and the lid is locked in place. Press the Manual button again and set the cooking time to 5 minutes.
5. When the Instant Pot beeps, press the cancel button and either wait for the pressure to come down naturally or wait 15 minutes and release the pressure manually. Open the lid. Stir in the chile pepper and the curry leaves.
6. To temper the mustard and cumin seeds, heat a heavy-bottomed pot over medium heat on the stove. Add the mustard seeds and cover with a lid. Be patient. The seeds will pop without using oil. Occasionally, shake the pan so that the seeds don't burn. When most of the seeds have popped, add the cumin seed and briefly toast until aromatic. Add the seeds to the soup and stir. Mix in the chopped cilantro. Let the soup sit for 5 minutes to blend the flavours. Serve with a squeeze of lime juice.