

Instant Pot Eggplant Sweet Potato Lentil Curry

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-eggplant-and-sweet-potato-bharta-recipe>

Ingredients:

- 3/4 cup lentils or a mix of, brown/green lentils and mung beans, soaked in warm hot water for atleast 15 mins
- 1 teaspoon oil or use water to saute to make oil-free
- 1/2 onion chopped
- 4 cloves garlic chopped
- 1 inch ginger chopped
- 1/2 hot green chile 0.5 or 1, chopped
- 1/4 teaspoon turmeric
- 1 teaspoon Garam Masala
- 1/2 teaspoon ground cumin or ground coriander
- 15 ounces tomatoes 2 medium tomatoes, chopped
- 1 cup eggplant 1, heaping chopped, or use other hearty vegetables of choice
- 1 cup sweet potatoes cubed
- 3/4 teaspoon salt
- 2 cups water 3 cups for saucepan
- 1 handful spinach
- cayenne
- lemon
- pepper flakes for garnish, optional

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 41 grams
3. Fat: 2 grams
4. Fiber: 16 grams
5. Protein: 12 grams
6. Sodium: 480 milligrams

7. Sugar: 7 grams

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