

INSTANT POT VEGAN QUINOA BURRITO BOWLS★★★★★

COURSE: MAIN COURSE CUISINE: MEXICAN PREP TIME: 5 MINUTES
COOK TIME: 20 MINUTES TOTAL TIME: 25 MINUTES SERVINGS: 4
CALORIES: 163 KCAL AUTHOR: DETOXINISTA.COM

These Instant Pot Vegan Quinoa Burrito Bowls are an easy and healthy make-ahead meal loaded with fiber and protein.



INGREDIENTS

- 1 teaspoon extra-virgin olive oil
- 1/2 red onion , diced
- 1 bell pepper , diced
- 1/2 teaspoon salt
- 1 teaspoon ground cumin
- 1 cup quinoa , rinsed well
- 1 cup prepared salsa
- 1 cup water
- 1 1/2 cups cooked black beans , or 1 (15 oz.) can, drained and rinsed
- Optional toppings: Avocado , guacamole, fresh cilantro, green onions, salsa, lime wedges, shredded lettuce

INSTRUCTIONS

1. Heat the oil in the bottom of the Instant Pot, using the "saute" setting. Saute the onions and peppers until start to soften, about 5 to 8 minutes, then add in cumin and salt and saute another minute. Turn of the Instant Pot for a moment.
2. Add in the quinoa, salsa, water, and beans, then seal the lid, making sure that the switch at the top is flipped from venting to sealing. Press the "rice" button, or manually cook at low pressure for 12 minutes. Let the pressure naturally release once the cooking is over, to make sure the quinoa completely absorbs the liquid. (This takes 10 to 15 minutes.)
3. Remove the lid, being careful to avoid any steam releasing from the pot, and fluff the quinoa with a fork. Serve warm, with any toppings you love, such as avocado, diced onions, salsa, and shredded lettuce.
4. Leftovers can be stored in an airtight container in the fridge for up to a week. You can quickly reheat on the stove top, or serve cold!

<https://detoxinista.com/instant-pot-vegan-quinoa-burrito-bowls/>