

# Easy Instant Pot Quinoa Burrito Bowl



## Ingredients:

- 1 tbsp olive oil
- 1 small onion, finely diced
- 1 cup uncooked quinoa
- 3 garlic cloves minced
- 1 tsp cumin
- 1/2 tsp chili powder
- 1 1/3 cups vegetable broth
- 15 oz can black beans, drained and rinsed
- 1 cup frozen corn kernels
- 15 oz fire roasted tomatoes, undrained

## To Finish (optional toppings):

- Diced avocado
- Chopped fresh tomato
- Chopped cilantro
- Lime juice
- Fresh diced bell peppers
- Sour cream
- Protein of choice

## Directions:

1. Add olive oil to the Instant Pot. Using the display panel select the SAUTÉ function.
2. When oil gets hot, add onion to the pot and sauté until soft, about 4 minutes.
3. Add quinoa, garlic and spices. Cook and stir for 4 minutes more.
4. Add broth to the pot and deglaze by using a wooden spoon to scrape any brown bits from the bottom of the pot.
5. Turn the pot off by selecting CANCEL.
6. Add beans and frozen corn and stir. Add tomatoes in an even layer on top--do not stir.
7. Secure the lid, making sure the vent is closed.
8. Using the display panel select the MANUAL or PRESSURE COOK function\*. Use the +/- keys and program the Instant Pot for 8 minutes.
9. When the time is up, let the pressure naturally release for 10 mins, then quick release the remaining pressure.
10. Stir to mix all ingredients. Serve in bowls topped with avocado, tomato, cilantro, sour cream and/or lime juice.