

# Pressure Cooker Mexican Quinoa & Black Beans

11 ingredients · 15 minutes · 4 servings



## Directions

1. Combine the black beans, vegetable broth, quinoa, tomatoes, chili powder, cumin, garlic powder, salt and red pepper flakes in the pot of the pressure cooker and close the lid.
2. Set to "sealing", then press manual/pressure cooker and cook for 5 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully and stir in the lime juice.
3. Divide between bowls and top with diced avocado. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately 1 cup of the quinoa mixture and 1/2 an avocado.

### More Flavor

Add fresh garlic or onion, coriander or smoked paprika.

### Additional Toppings

Serve with fresh cilantro, green onion, jalapenos, salsa or hot sauce.

### More Vegetables

Add corn kernels, chopped leafy greens or bell pepper.

### Cooking Time

If the cooking liquid has not completely absorbed after the initial cooking time, return the lid, seal and cook for another couple of minutes on high pressure.

### No Canned Tomatoes

Use fresh tomatoes instead.

## Ingredients

- 1 1/2 cups Black Beans (cooked, rinsed)
- 1 1/4 cups Organic Vegetable Broth
- 1 cup Quinoa (uncooked)
- 1 cup Diced Tomatoes (from the can, drained)
- 2 tsps Chili Powder
- 2 tsps Cumin
- 1 tsp Garlic Powder
- 1/2 tsp Sea Salt
- 1/4 tsp Red Pepper Flakes
- 1/2 Lime (juiced)
- 2 Avocado (diced)

## Nutrition

Amount per serving

Calories	430	Sugar	3g
Fat	18g	Protein	15g
Carbs	56g	Sodium	560mg
Fiber	17g		