

# Pressure Cooker Mexican Quinoa & Black Beans

4 SERVINGS 15 MINUTES



## INGREDIENTS

- 1 1/2 cups Black Beans (cooked, rinsed)
- 1 1/4 cups 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)

## DIRECTIONS

- 01 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.
- 02 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.
- 03 Divide between bowls and top with diced avocado. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	430	Carbs	56g
Fat	18g	Protein	15g