Fiesta Quinoa & Veggie Bowl

INGREDIENTS:

- 1 cup quinoa, rinsed
- 1 bag (12 oz) frozen diced peppers
- 1 bag (12 oz) frozen corn
- 1 can (15 oz) black beans, rinsed
- 1 can (14.5 oz) diced tomatoes
- 2 tsp. low sodium tajin seasoning
- 2 tsp. salt-free chili powder

- ½ tsp. red pepper flakes
- 1 cup low-sodium chicken broth
- 1 Tbsp. chopped fresh cilantro
- 2 Tbsp. fresh lime juice

Optional toppings: tortilla chips, queso fresco, shredded chicken

DIRECTIONS:

Press **Pressure Cook or Manual** button and set timer to 7 minutes on **high** pressure.

Add all ingredients except cilantro, lime juice, and toppings.

Secure lid (make sure vent is sealed) and let Instant Pot reach pressure. Timer will start automatically once pressure is reached (it may take about 10-15 minutes for the pressure to rise).

When timer ends, release pressure carefully.

Once pressure fully releases and metal float valve goes down, remove lid.

Season with cilantro and lime juice. Serve with tortilla chips, queso fresco, or chicken, if desired.
Garden Penne with Ground Beef

INGREDIENTS:

- 2 Tbsp. canola oil
- ½ pound lean ground beef
- 1 (10 oz) bag frozen mixed spring vegetables
- ½ (10 oz) bag frozen chopped spinach
- 1 (6 oz) can tomato paste
- 1 cup low-sodium chicken broth
- 1 ½ cup water
- ½ cup dried green or red lentils
- 1 Tbsp. salt-free Italian seasoning
- 1 tsp. dried minced garlic
- ½ tsp. red pepper flakes
- ½ tsp. salt
- 2 cups whole-wheat penne pasta
- 1 can (15 oz) crushed tomatoes
- 1/3 cup shredded parmesan cheese

DIRECTIONS:

Press Sauté button and set timer to 5 minutes.

Add oil to Instant Pot and heat until glistening, about 1 minute.

Add ground beef and brown until timer goes off, breaking into even pieces while cooking.

Press Pressure Cook button, make sure pressure level is on high, and set timer to 5 minutes.

Add remaining ingredients, except crushed tomatoes and cheese.

Secure lid (make sure vent is sealed) and let Instant Pot reach pressure. Timer will start automatically once pressure is reached (about 10-15 minutes).

When timer ends, release pressure carefully.

Once pressure fully releases and metal float valve goes down, remove lid.

Stir in crushed tomatoes and cheese. Let cool for 5 minutes, then serve.
Curried Chicken & Vegetable Soup

INGREDIENTS:
- 1 pound chicken breasts, diced
- 1 Tbsp. canola oil
- 6 oz. frozen onions
- 6 oz. frozen carrots
- ½ bag (8 oz) frozen vegetables, such as green beans or mixed vegetables
- 1 sweet potato, diced
- ½ cup dried lentils
- ¼ tsp. salt
- ½ tsp. pepper
- 2 tsp. curry powder
- ¼ tsp. chili flakes
- 1 cup low-sodium chicken broth
- 1 cup water

DIRECTIONS:
Add all ingredients to Instant Pot.
Press Pressure Cook or Manual button and set timer to 10 minutes on high pressure.
Secure lid (make sure vent is sealed) and let Instant Pot reach pressure. Timer will start automatically once pressure is reached (it may take about 10-15 minutes for the pressure to rise).
When timer ends, release pressure carefully.
Once pressure fully releases and metal float valve goes down, remove lid.
Let cool for 5 minutes, then serve.
Pressure Cooker Red Beans & Rice

INGREDIENTS:
- 1 pound dried red beans, rinsed
- 1 cup brown rice, uncooked
- 8 oz. Andouille sausage, sliced thin
- 1 (12 oz) bag frozen cajun mirepoix (If can’t find frozen mirepoix, use 1 cup diced onion, ½ cup diced green pepper, and ½ cup diced celery)
- 1 bay leaf
- 2 Tbsp. salt-free Cajun seasoning
- 1 ½ tsp. dried minced garlic
- 6 cups of water
- ½ teaspoon salt
- 1 Tbsp. fresh parsley, chopped
- 1 tsp. hot sauce

DIRECTIONS:
Press Pressure Cook or Manual button, make sure pressure level is on high, and set timer to 30 minutes.

In order listed above, add all ingredients except, salt, parsley and hot sauce to Instant Pot. Do not stir.

Secure lid (make sure vent is sealed) and let Instant Pot reach pressure. Timer will start automatically once pressure is reached (it may take about 10-15 minutes for the pressure to rise).

When timer ends, release pressure carefully.

Once pressure fully releases and metal float valve goes down, remove lid.

Remove bay leaf, season with salt to taste. Garnish with parsley and hot sauce, then serve.