



# INSTANT POT QUINOA BURRITO BOWLS

Makes 4 servings | Serving size: 2 cups

PREP TIME

**10 min**

COOK TIME

**12 min**

TOTAL TIME

**22 min**

*This recipe is delicious hot or cold and so quick! It only takes twelve minutes. Twelve minutes to cook quinoa and chicken. This is perfect for those crazy nights when dinner was forgotten about.*



## Ingredients

- 1 tablespoon olive oil
- 1 tablespoon garlic paste
- 1 yellow pepper, diced
- 1 cup quinoa
- 1 cup low sodium chicken broth
- 1 cup salsa
- 20 ounces of rotel
- 1 (15-ounce) can black beans, drained and rinsed
- 1 pound chicken

### Optional toppings

- Avocado
- Tortilla strips
- Cilantro
- Green onions, chopped
- Romaine lettuce

## Directions

1. Place the olive oil, garlic yellow pepper and quinoa into the pot. Select the sauté function and sauté for two minutes or until the garlic is fragrant and the quinoa is toasted. Turn the sauté function off.
2. In the pot, add the chicken broth, salsa, rotel, black beans, and chicken.
3. Turn the instant pot on high pressure and cook for 2 minutes.
4. After 2 minutes, allow to naturally release for 10 minutes.
5. Dish out the bowl and top with your choice of cilantro, green onions, and romaine lettuce.