

INSTANT POT QUINOA

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Prep Time: 1 min Cook Time: 20 Total Time: 21 minutes

Yield: Makes 3 cups

Nutrition Facts | Serves 6 // **Amount Per Serving after being cooked @ 1/2 cup**

~ Calories: 104, Cholesterol 0mg,
Sodium 27.3, Total Carbohydrate: 18.2g,
Dietary Fiber 2g, Protein 4g\

- 1 cup dried quinoa, rinsed
- 1 1/2 cups water
- generous pinch of mineral salt
- 1/2 teaspoon garlic powder, optional

INSTRUCTIONS

1. Prep: Rinse quinoa using a fine mesh strainer under cool running water.
2. Pressure cook: Place the quinoa, water, and any seasonings in the bottom of the Instant Pot insert. Attach lid, turning to the locked position.
3. Set the valve to SEALING.
4. Set to HIGH pressure and manually set to 1 minute cook time. Let natural release for 12 – 15 minutes.
5. Fluff with a fork and let rest a few minutes.

(Makes about 3 cups, serving 6 at 1/2 cup per serving)

Store: Leftovers can be stored in an airtight container in the refrigerator for up to 5 – 6 days. For longer storage, keep in the freezer for up to 2 – 3 months. Let thaw before using!

