

Instant Pot Vegan TexMex Bowls

Oscar · 28/09/2024



Prep Time

25 mins

Difficult

Medium

Servings

1 hr 45 mins

Description

A complete meal using fromscratch ingredients Dried beans rice and homemade salsa cook together and are served over lettuce then topped with avocado and vegan Cheddar for your taco Tuesday This recipe does not add any salt it doesnt need it You can cook the beans the night before if you prefer

Ingredients

- - ½ cup dried chickpeas - ½ cup dried black beans - ½ cup dried pinto beans - ½ cup dried kidney beans - 5 cups water - 2 cups reduced-sodium vegetable broth - 2 cups salsa
- divided - 1 ½ cups uncooked brown rice - 1 tablespoon reduced-sodium taco seasoning mix - 1 ear corn
- husked - 1 head iceberg lettuce
- torn into bite-sized pieces - 1 avocado
- cut into wedges - 1 cup shredded vegan Cheddar cheese - 5 tablespoons chopped fresh cilantro - 1 lime
- cut into wedges

Instructions

1. Inspect dried beans
2. discarding any beans with impurities and any foreign objects. Put beans in a 7-quart multi-functional pressure cooker (such as Instant Pot). Pour in water. Close and lock the lid. Select Bean function according to manufacturer's instructions; set timer for 20 minutes. Allow 10 to 15 minutes for pressure to build. Allow natural release for 8 minutes. Manually release any remaining pressure
3. 5 to 10 minutes more. Unlock lid
4. drain liquid
5. and return drained beans back to pot. Add vegetable broth
6. 1 1/2 cups salsa
7. rice
8. and taco seasoning. Stir to combine. Cut the ear of corn into 5 pieces. Nestle each piece into the rice mixture
9. with some space between each. Close and lock the lid. Cook on Rice function for 22 minutes. Allow pressure to release naturally for 5 minutes. Manually release any remaining pressure
10. 5 to 10 minutes more. Fluff with a rice paddle. Divide lettuce between 5 bowls. Top with equal amounts of rice. Add equal amounts of avocado
11. vegan cheese
12. and cilantro. Serve with remaining salsa and lime wedges. Cook's Note: I used my homemade smoky salsa in this recipe
13. which you can also find on this site. If you use prepared salsa
14. choose a salsa that is quite liquid
15. as opposed to one that is very thick.