

# Instant Pot Vegan Burritos

## Ingredients

Ingredients:

- For the burrito filling:
- 2-3 tablespoons water for sautéing (or olive oil)
- 1 medium red onion, chopped
- 1 red bell pepper, diced small
- 3 cloves garlic, minced
- (1-2) 15-oz can black beans (low sodium), drained and rinsed
- 1 1/2 cups uncooked short grain brown rice
- 1 1/2 cups corn (frozen, fresh or canned)
- 1 cup finely chopped kale
- 12 oz medium style salsa (choose a lower sodium variety)
- 2 cups water
- 1 teaspoon ground cumin
- 2 teaspoons chili powder
- 1 teaspoon smoked paprika
- 1 teaspoon salt, or more to taste

For serving:

8 burrito sized flour tortillas (10-12 inch) use gluten free if needed

\*\*Also fantastic as tacos in fresh corn tortillas or on a bed of fresh salad greens 2-3 cups chopped lettuce 1-2 avocados, sliced or chopped

Optional: salsa, chopped tomatoes, chopped red or green onion, jalapenos, vegan sour cream, vegan cheese shreds

## Instructions

Instant pot burrito filling:

1. Press the sauté function on Instant Pot. Add the water (or olive oil), onion, red pepper and garlic. Cook for 2-3 minutes, stirring constantly. If using water, be careful not to burn and add more water as needed. Turn off sauté.
2. Now add all the remaining burrito filling ingredients to Instant Pot, give it a little stir, place the lid on, turn valve to seal and set to high pressure for 24 minutes.
3. Let pressure release naturally (usually this takes about 10 minutes). Carefully remove the lid and stir. Taste, add more spices or salt if desired.

Assemble the burritos:

- Spoon some of the mixture onto the centers of the flour tortillas. Add desired amount of lettuce, avocado and other ingredients. Fold two sides over the filling and roll up. \*For fun, let everyone build their own burritos, kids especially LOVE this!

To make without an Instant Pot:

- In a large pot with a lid, sauté the onion, red pepper and garlic for a few minutes. Add the rest of the filling ingredients and bring to a boil. Lower the heat and simmer for about 45 minutes.

## Recipe Notes

1. Nutritional calculations include a tortilla and 1/4 of an avocado. The filling itself is only 235 calories per serving (8 servings total).
2. Go tortilla-less and make a burrito bowl instead!
3. To freeze, fill tortillas with the bean/rice/vegetable mixture, wrap in foil and place in a freezer Ziplock type bag.

