

## Mexican Quinoa and Sausage Instant Pot

2 Tablespoon olive oil

1 pound medium Italian sausage (or ground variety)

½ large onion – chopped

4 teaspoons minced garlic

1 red bell pepper – diced

1 – 15 oz can diced tomatoes

1 cup chicken stock

1 ¼ cup quinoa – rinsed

2 teaspoons chilli powder

2 teaspoons smoked paprika

1 teaspoon cumin.

1 teaspoon oregano

½ teaspoon each salt & pepper

½ teaspoon red pepper flakes

1 – 15 oz can black beans

### Directions:

1. Set Instant Pot to sauté, and add olive oil. Remove sausages from the casing. Crumble and brown. Remove from the Instant Pot when done.
2. Add garlic and onions. Once softened, turn off the Instant Pot.
3. Add all rest of the ingredients.
4. Cover and lock the lid with the steam valve closed. Set to manual cook for 10 minutes.

5. Once finished cooking, carefully release the steam. Fluff up the quinoa with a fork.
6. Fold in 1 cup fresh cilantro chopped and 1 tablespoon lime juice.
7. Optional garnishes: avocado, guacamole, green onions, cheddar cheese, jalapenos, sour cream, and salsa.

Makes LOTS. Freezes well.

From our RV kitchen to yours – ENJOY!