

Rice and Black Beans

Ingredients

- 1 Onion (chopped)
- 2 c Brown Rice (rinsed)
- 1 c Black Beans (dried, rinsed)
- 4 c Chicken Broth
- 1 1/2 T Cumin
- 1 T Garlic Powder
- 2 t Chili Powder
- 1 1/4 t Salt
- 28 oz Tomatoes (diced, canned)
- 1 Cilantro Bunch (chopped)
- 1/2 c Green Onions (chopped)
- 1 t Tabasco Sauce

Instructions

1. In Instant Pot, add ingredients in the following order: onion, brown rice, black beans, broth, cumin, garlic powder, chili powder, salt and diced tomatoes. Do not stir.
2. Close the lid, turn pressure vent to Sealing and press Manual button on High for 30 minutes. After Instant Pot has finished cooking, wait 10 minutes and release remaining pressure using Quick Release method by turning valve to Venting and open the lid.
3. Add cilantro, Tabasco and green onion and gently stir. If rice and beans are a bit liquidy or tiny bit crunchy, close the lid and let them sit for 10-20 more minutes. Serve immediately.