





Pressure Cooker Steak Fajita Bowls

3 servings

25 minutes

Ingredients

- 15 ozs Top Sirloin Steak (cut into thick strips)
- 2 cups Red Onion (sliced, divided)
- 2 tsps Chili Powder
- 1 tsp Cumin
- 1/2 tsp Garlic Powder
- 1/2 tsp Sea Salt
- 1 Red Bell Pepper (sliced)
- 1 Green Bell Pepper (sliced)
- 1/2 cup Beef Broth
- 1 1/2 cups Cauliflower Rice

Directions

- 1 Add the steak and half of the onion to a mixing bowl. In a second mixing bowl add the peppers and the remaining onion.
- 2 In a small bowl combine the chili powder, cumin, garlic powder, and salt. Add 1/4 of the spice blend to the peppers and onions and toss to combine. Then add the remaining spice blend to the steak and onions and toss to combine.
- 3 Add the broth to the pressure cooker and then add the seasoned steak and onion. Close the lid. Set to "sealing", then press manual/pressure cooker and cook for 5 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully and add the seasoned peppers and onions. Close the lid, set to "sealing", then press manual/pressure cooker and cook for 1 minute on high pressure. Release pressure manually.
- 4 Transfer the steak and peppers to a bowl and season with additional salt if needed.
- 5 Carefully drain all but a splash of the cooking liquid from the pressure cooker insert. Turn the pressure cooker to sauté mode and add the cauliflower rice. Cook for 1 to 2 minutes or until the cauliflower meets your desired texture. Divide the cauliflower rice between bowls and top with the steak and peppers. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add coriander, smoked paprika, chipotle chili powder, black peppers, oregano, and/ or red pepper flakes.

Additional Toppings: Salsa, avocado, guacamole, cilantro, hot sauce, diced tomatoes, lime juice.

No Cauliflower Rice: Serve with cooked brown rice, quinoa, or corn tortillas instead.

No Beef Broth: Use chicken or vegetable broth instead.



Pressure Cooker Bean-Free Chili

4 servings

50 minutes

Ingredients

- 1 lb Extra Lean Ground Beef
- 1 tbsp Ghee
- 1 Yellow Onion (chopped)
- 1 Red Bell Pepper (chopped)
- 3 Garlic (clove, minced)
- 2 tbsps Tomato Paste
- 2 tbsps Chili Powder
- 1 tbsp Cumin
- 1/2 tsp Sea Salt
- 1 Tomato (chopped)
- 1 cup Chicken Broth

Directions

- 1 Turn your pressure cooker onto sauté mode. Cook the beef, breaking it up as it cooks until it's no longer pink. Remove the meat from the pot and drain any excess drippings.
- 2 Add ghee to the pressure cooker and when melted add the onion, pepper and garlic. Saute for 5 minutes or until the onions are translucent. Add the tomato paste, chili powder, cumin and salt. Cook for another minute. Add the tomatoes, broth and cooked meat to the pressure cooker and stir to combine.
- 3 Put the lid on the pressure cooker and change to pressure cooker mode. Cook for 20 minutes and let the steam release naturally for 5 to 10 minutes. Release the rest of the steam manually.
- 4 Divide between bowls and enjoy!

Notes

Optional Toppings: Diced avocado, sliced jalapenos, fresh lime juice, sliced green onion and/or chopped cilantro.

No Ground Beef: Use ground turkey or chicken instead.

More Flavor: Add smoked paprika, chipotle chili powder, ground cayenne, ground coriander, black pepper or dried oregano.

Tomato Options: Use cherry tomatoes, Roma tomato, field tomatoes or drained diced tomatoes from the can.

No Ghee: Use extra virgin olive oil or avocado oil instead.

Leftovers: Store in an airtight container in the fridge for up to three days. Freeze for up to three months.

Serving Size: One serving is equal to approximately one cup of chili.



Pressure Cooker Cashew Chicken

4 servings

25 minutes

Ingredients

- 1 1/3 tbsps Avocado Oil (divided)
- 1/4 cup Coconut Aminos
- 2 tbsps Sugar Free Ketchup
- 2 tbsps Rice Vinegar
- 3 tbsps Orange Juice
- 2 Garlic (clove, minced)
- 1 lb Chicken Breast (skinless, boneless, cubed)
- 1 1/3 tbsps Arrowroot Powder (divided)
- 1 1/3 tbsps Water
- 1 cup Cashews
- 2 stalks Green Onion (optional, sliced)

Directions

- 1 In a small bowl, add half the avocado oil, coconut aminos, ketchup, rice vinegar, orange juice and garlic. Whisk to combine.
- 2 Toss the cubed chicken breast with half the arrowroot powder. Turn on the pressure cooker to sauté mode. Add the remaining avocado oil and the chicken then sear for 1 to 2 minutes. Press cancel and then pour the sauce on top. Set to "sealing" then press manual/pressure cooker and cook for 10 minutes on high pressure. Once finished, manually release the pressure.
- 3 While the chicken is cooking, whisk the remaining arrowroot powder and water in a small bowl. Remove the lid carefully on the pressure cooker and whisk to combine the arrowroot/water mixture. Add the cashews and stir.
- 4 Divide onto plates and garnish with green onion (optional). Enjoy!

Notes

Serve it With: A side of rice, couscous, quinoa or cauliflower rice.

Likes it Spicy: Garnish with red pepper flakes.

Leftovers: Keeps well in the fridge for up to three days.



Pressure Cooker Thai Red Curry Beef

4 servings

1 hour

Ingredients

- 2 tsp Coconut Oil (divided)
- 1 lb Stewing Beef (diced into cubes)
- Sea Salt & Black Pepper (to taste)
- 1 Yellow Onion (small, thinly sliced)
- 1 tsp Ginger (minced)
- 2 tbsps Thai Red Curry Paste
- 2 tbsps Tomato Paste
- 1 tbsp Fish Sauce
- 1 tbsp Coconut Sugar
- 1 Carrot (large, chopped)
- 2 heads Cauliflower (sliced into florets)
- 3/4 cup Canned Coconut Milk
- 1 Lime (juiced)
- 1/2 cup Brown Rice (optional, dry/uncooked)
- 2 stalks Green Onion (optional, chopped)
- 1/4 cup Cilantro (optional, chopped)

Directions

- 1 Turn your pressure cooker onto sauté mode and add half of the coconut oil. Season the beef with sea salt and pepper. Add to the pressure cooker and brown on all sides. Remove with a slotted spoon and set aside.
- 2 Add the remaining coconut oil and sliced onion to the pressure cooker and sauté for about 3 to 4 minutes. Add the ginger during the last minute, stirring frequently. Then add the curry paste, tomato paste, fish sauce, coconut sugar, carrots, cauliflower and beef. Stir well to combine.
- 3 Put the lid on the pressure cooker and change to pressure cooker mode. Cook for 35 minutes and then let the steam release naturally.
- 4 If making the brown rice, cook according to package directions.
- 5 Remove the lid from the pressure cooker and add the coconut milk and lime juice. Mix well, then serve over rice with optional garnishes like green onion and cilantro.

Notes

No Pressure Cooker: Make it in the slow cooker on low for about 5 hours.

No Fish Sauce: Use soy sauce or tamari instead.

No Coconut Sugar: Use cane sugar instead.

Vegetable Modifications: Add or substitute any vegetables you have on hand, such as sweet potato, broccoli or peas.

Crunchy Veggies: Vegetables can turn soft in the pressure cooker. If you prefer crunchy veggies, steam them on the stove separately, then add them to the meal when it's done.



Pressure Cooker Sticky Chicken Thighs

3 servings
30 minutes

Ingredients

- 1 tsp Avocado Oil
- 1 lb Chicken Thighs (boneless, skinless)
- 1 tbsp Apple Cider Vinegar
- 3 tbsps Maple Syrup
- 1/4 cup Coconut Aminos
- 3 Garlic (cloves, minced)
- 1/4 tsp Chili Flakes
- 2 tbsps Water
- 1/4 cup Cilantro (chopped, optional)

Directions

- 1 Turn your pressure cooker to sauté mode and add add the avocado oil. Sear the chicken on both sides, about 1 to 2 minutes.
- 2 In a small bowl, add the apple cider vinegar, maple syrup, coconut aminos, garlic, chili flakes, and water. Whisk well.
- 3 Add the sauce to the chicken then put the lid on and set to "sealing". Press manual/pressure cooker and cook for 14 minutes on high pressure. Once finished, let the pressure release naturally for 5 minutes, then do a quick release.
- 4 Divide onto plates and add cilantro. Serve and enjoy!

Notes

Leftovers: Store in an airtight container in the fridge for up to 3 days.

Serving Size: One serving is equal to approximately two small chicken thighs.

No Coconut Aminos: Use tamari or soy sauce.



Pressure Cooker Mexican Chicken & Quinoa

4 servings

40 minutes

Ingredients

- 1 cup Water
- 1 1/2 lbs Chicken Thighs (boneless, skinless)
- 1 tsp Sea Salt (divided)
- 1 1/2 tsps Chili Powder (divided)
- 1 1/2 tsps Smoked Paprika (divided)
- 1 tsp Oregano (divided)
- 2 cups Kale Leaves (finely chopped)
- 1 cup Diced Tomatoes (from the can, drained)
- 1/4 tsp Red Pepper Flakes
- 1 cup Quinoa (uncooked)
- 2 Avocado
- 1/2 Lime (juiced)

Directions

- 1 Place the metal trivet in the pot of the pressure cooker and add the water. Place the chicken thighs on the trivet and season with half of the salt. Add a quarter of each the chili powder, cumin, paprika and oregano to the chicken. Close the lid.
- 2 Set to "sealing", then press manual/pressure cooker and cook for 8 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully.
- 3 Transfer the chicken thighs to a bowl to cool slightly then shred with two forks. Set aside. Remove the metal trivet from the pot.
- 4 To the cooking liquid inside the pot add the kale, tomatoes, and red pepper flakes. Then add the remaining chili powder, paprika, oregano and salt. Turn the pressure cooker to sauté mode and bring the water inside the pot to a gentle simmer. Cook until the kale wilts down, about a minute. Turn the sauté mode off and add the shredded chicken and quinoa to the pot and stir to combine. Close the lid.
- 5 Set to "sealing", then press manual/pressure cooker and cook for 8 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully. Stir in the juice of the lime and season with additional salt if needed.
- 6 Divide between plates, top with avocado, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 1/3 cups of the quinoa mixture.

More Flavor: Add fresh garlic or onion, coriander or smoked paprika.

Additional Toppings: Serve with fresh cilantro, green onion, jalapenos, salsa or hot sauce.

Cooking Time: When cooking the quinoa (step 5), if the cooking liquid has not completely absorbed after the initial cooking time, return the lid, seal and cook for another couple of minutes on high pressure.

No Canned Tomatoes: Use fresh tomatoes instead.

No Kale: Use spinach instead.



Pressure Cooker Salmon Curry

2 servings

15 minutes

Ingredients

- 1 cup Canned Coconut Milk
- 2 tbsps Cilantro (chopped)
- 1 tbsp Curry Powder
- 1 tsp Maple Syrup
- 1/2 tsp Cumin
- 1/4 tsp Sea Salt
- 2 stalks Green Onion (chopped)
- 2 cups Baby Spinach
- 1 Carrot (peeled, sliced)
- 8 ozs Salmon Fillet (boneless)

Directions

- 1 Turn your pressure cooker to sauté mode and add the coconut milk, cilantro, yellow curry powder, maple syrup, cumin, sea salt and green onion. Bring the coconut milk to a simmer and add the spinach and carrot. Stir and cook until the spinach wilts down.
- 2 Place the metal trivet in the pot and place the salmon skin-side up on the trivet and close the lid.
- 3 Set to "sealing", then press manual/pressure cooker and cook for 2 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully.
- 4 Using a spoon or a fork carefully peel the skin off the salmon and discard. Flake the salmon into the sauce and then remove the trivet.
- 5 Stir to combine and season with additional salt if needed. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add fresh ginger or garlic, lime juice or red pepper flakes.

Additional Toppings: Top with fresh cilantro, lime wedges or more green onions.

Sugar-Free: Omit the maple syrup.

No Green Onions: Use yellow or red onion instead.

Serve it With: Quinoa, brown rice or cauliflower rice.

Salmon: Wild salmon was used to create this recipe. Use skinless salmon if available. For thicker fillets of salmon cut into smaller pieces or adjust cooking time to ensure salmon is cooked through and can flake easily.



Pressure Cooker Thai Chicken & Vegetables with Rice

4 servings
40 minutes

Ingredients

- 1 cup Brown Rice
- 1 cup Canned Coconut Milk (full fat)
- 1 cup Chicken Broth
- 2 tbsps Thai Red Curry Paste
- 2 tbsps Coconut Aminos
- 1 tbsp Ginger (fresh, minced)
- 2 Garlic (clove, minced)
- 1 lb Chicken Breast
- 1 Red Bell Pepper (sliced)
- 1/2 Yellow Onion (sliced)
- 1 1/2 cups Green Beans
- 1 cup Kale Leaves (chopped)

Directions

- 1 Cook the rice according to the directions on the package.
- 2 In the pot of the pressure cooker whisk the coconut milk, chicken broth, red curry paste, coconut aminos, ginger and garlic together. Add the chicken and close the lid.
- 3 Set to "sealing", then press manual/pressure cooker and cook for 8 minutes on high pressure. Once it is done, release pressure manually. Remove the lid carefully and transfer the cooked chicken to a plate.
- 4 Turn the pressure cooker to sauté mode. Let the sauce reduce and thicken for 8 to 10 minutes, stirring frequently. Add the bell pepper, onion, green beans and kale to the sauce and cook for 3 to 5 minutes or until the vegetables are just tender.
- 5 Meanwhile, chop the cooked chicken breast. Add the chicken to the pot with the cooked vegetables and stir to combine.
- 6 Divide the rice, chicken and vegetables between plates and top generously with the red curry sauce. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add lime, cilantro or fish sauce. For a spicier dish, use more curry paste or add red pepper flakes or hot sauce. For a sweeter curry, add honey or coconut sugar.

No Brown Rice: Omit or use jasmine rice, quinoa or cauliflower rice instead.

No Chicken Breast: Use chicken thighs instead.

No Fresh Green Beans: Use frozen or choose another vegetable like snap peas or broccoli.

No Kale: Use spinach or bok choy instead.



Pressure Cooker Roast Beef & Vegetables

6 servings
1 hour 45 minutes

Ingredients

- 2 1/4 lbs Top Sirloin Beef Roast
- 1 tsp Sea Salt
- 1 tbsp Avocado Oil
- 1 Yellow Onion (chopped)
- 4 Garlic (clove, minced)
- 1 1/2 cups Beef Broth
- 1 tbsp Coconut Aminos
- 4 Carrot (peeled, chopped)
- 3 cups Celery Root (peeled, cut into cubes)
- 2 tsps Arrowroot Powder
- 1 1/3 tsps Water

Directions

- 1 Cut the roast into 4 to 5 equal size pieces and season all sides with the salt.
- 2 Turn your pressure cooker to sauté mode and add the avocado oil. Sear the beef 2 to 3 minutes per side, working in batches if needed. Transfer the beef to a plate and set aside.
- 3 Add the onions and garlic to the pot along with a splash of the beef broth. Cook the onions and garlic for 3 to 5 minutes until the onions have softened. Add the remaining beef broth and the coconut aminos and stir to combine. Place the beef in the pot in a single even layer. Close the lid.
- 4 Set to "sealing", then press manual/pressure cooker and cook for 40 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully.
- 5 Add the carrots and celery root to the pot. Close the lid. Set to "sealing", then press manual/pressure cooker and continue to cook for another 15 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully. Using a slotted spoon, remove the beef and vegetables to a plate and keep warm.
- 6 In a small bowl combine the arrowroot powder and water until a slurry forms. Turn the pressure cooker to sauté mode. Bring the sauce to a simmer then add in the arrowroot powder mixture and stir well to combine. Let the sauce simmer for 3 to 5 minutes or until glossy and thickened slightly. Season with additional salt if needed.
- 7 To serve, shred the beef with a fork. Divide the meat and vegetables between plates and top generously with the sauce. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: Season with black pepper or add fresh herbs like rosemary or thyme.

No Coconut Aminos: Use tamari instead.

No Celery Root: Use yellow potatoes instead.

No Top Sirloin Roast: Use another cut of beef instead.



Pressure Cooker Chicken Curry with Rice

4 servings
40 minutes

Ingredients

- 1 cup Brown Rice (uncooked)
- 1 tbsp Coconut Oil
- 1 Yellow Onion (chopped)
- 3 Garlic (clove, minced)
- 1 tbsp Ginger (fresh, minced)
- 2 tbsps Curry Powder
- 1 1/2 tsps Cumin
- 1/2 tsp Sea Salt
- 1 1/2 cups Chicken Broth
- 1 lb Chicken Thighs (bone-in, skin removed)
- 1 cup Canned Coconut Milk (full fat)
- 1/2 cup Cilantro (chopped)
- 1 tbsp Lemon Juice

Directions

- 1 Cook the rice according to package directions.
- 2 Meanwhile, turn the pressure cooker to sauté mode and heat the coconut oil. Cook the onion for 3 to 4 minutes then add the garlic, ginger, curry powder, cumin and salt and continue to cook for 1 minute more. Add the chicken broth and stir to combine being sure to scrape any brown bits from the bottom of the pan. Add the chicken thighs and close the lid.
- 3 Set to "sealing", then press manual/pressure cooker and cook for 5 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully and transfer the cooked chicken to a plate.
- 4 Turn the pressure cooker to sauté mode and stir in the coconut milk. Stir frequently for 12 to 15 minutes, allowing the sauce to reduce by half until it is thick and creamy. Stir in the cilantro and lemon juice and season with additional salt if needed.
- 5 Divide the rice and chicken between plates and top generously with the curry sauce. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: For a spicier curry add red pepper flakes or hot sauce. For a sweeter curry add a drizzle of honey.

No Brown Rice: Serve with cauliflower rice instead.



Pressure Cooker Beef & Veggie Stew

4 servings

1 hour

Ingredients

- 1 tsp Avocado Oil
- 1 lb Stewing Beef (diced into cubes)
- 16 fl ozs Bone Broth
- 1/2 tsp Sea Salt (divided)
- 1/2 cup Pureed Pumpkin
- 1 tbsp Apple Cider Vinegar
- 2 Garlic (cloves, minced)
- 2 Parsnip (peeled, chopped)
- 5 White Button Mushrooms (halved)
- 1 Yellow Onion (medium, sliced in large chunks)
- 1 tsp Thyme (dried)

Directions

- 1 Turn your pressure cooker to sauté mode and add the avocado oil. Season the beef with half of the sea salt. Add it to the pressure cooker and brown on all sides, working in batches if necessary.
- 2 Turn off the sauté mode and add all other ingredients, including the remaining salt. Stir to combine. Put the lid on the pressure cooker and change to meat/stew mode. Cook for 35 minutes and then do a quick release. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 2 cups.

Want it Thicker: After cooking, create a slurry by mixing 1 tbsp arrowroot powder with a little water and add to the stew. Repeat as needed for desired thickness.

No Pumpkin: Use butternut squash purée instead.

Crunchy Veggies: Vegetables can turn soft in the pressure cooker. If you prefer crunchy veggies, steam them on the stove separately, then add them to the meal when it's done.



Pressure Cooker Rice & Bean Burritos

4 servings
30 minutes

Ingredients

- 2 tsps Extra Virgin Olive Oil
- 1 Yellow Onion (chopped)
- 1 Red Bell Pepper (chopped)
- 2 tsps Smoked Paprika
- 1 tsp Cumin
- 1/4 tsp Sea Salt
- 1 3/4 cups Black Beans (cooked, rinsed)
- 1 cup Basmati Rice
- 3/4 cup Salsa
- 1 1/2 cups Water
- 4 Brown Rice Tortilla
- 1 Avocado (mashed, optional)

Directions

- 1 Turn your pressure cooker to sauté mode and add the oil. Add the onion and bell pepper and cook, stirring often for one to two minutes. Then add the smoked paprika, cumin, and salt and continue cooking until softened, about two to three more minutes. Deglaze the pot with a splash of water if needed. Turn the sauté mode off.
- 2 Add the beans, rice, salsa, and water and stir to combine. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for five minutes on high pressure. Once finished, let the pressure release naturally for five minutes, then do a quick release.
- 3 Layer the bean and rice mixture onto your tortilla and top with mashed avocado, if using. Fold in the sides and roll into a burrito.
- 4 Heat a non-stick pan over medium heat and add your burrito seam side down and cook for two to three minutes, then flip and cook the other side for one to two minutes, until slightly browned. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is equal to one burrito.

More Flavor: Add minced garlic and/or chili powder when cooking the onions and peppers. Add cilantro to the mashed avocado.



Pressure Cooker Cajun Black Eyed Pea Soup

2 servings
25 minutes

Ingredients

- 3 cups Vegetable Broth
- 1 Yellow Onion (chopped)
- 2 stalks Celery (chopped)
- 1 Yellow Bell Pepper (chopped)
- 2 Garlic (cloves, minced)
- 2 tsps Cajun Seasoning
- 1 1/2 cups Fire Roasted Diced Tomatoes
- 3 cups Kale Leaves (roughly chopped)
- 1 tsp Sea Salt
- 1 3/4 cups Black Eyed Peas (from the can, drained and rinsed)
- 1/3 cup Cilantro (chopped, optional)

Directions

- 1 Turn your pressure cooker to sauté mode and add a splash of the vegetable broth. Add the onion, celery and bell pepper and cook for 4 to 5 minutes. Then add the garlic and sauté for 1 minute more. Turn the sauté mode off and add the cajun seasoning. Stir to combine.
- 2 Add the tomatoes, kale, salt, black eyed peas and broth. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for 8 minutes on high pressure. Once finished, let the pressure release naturally for 5 minutes, then do a quick release.
- 3 Carefully remove the lid, and stir to combine. Divide between bowls, top with cilantro, if using, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is equal to approximately 3 cups.

No Fire Roasted Tomatoes: Use regular canned tomatoes.



Pressure Cooker Mexican Quinoa & Black Beans

4 servings
15 minutes

Ingredients

- 1 1/2 cups Black Beans (cooked, rinsed)
- 1 1/4 cups Vegetable Broth
- 1 cup Quinoa (uncooked)
- 1 cup Diced Tomatoes (from the can, drained)
- 2 tsp Chili Powder
- 2 tsp Cumin
- 1 tsp Garlic Powder
- 1/2 tsp Sea Salt
- 1/4 tsp Red Pepper Flakes
- 1/2 Lime (juiced)
- 2 Avocado (diced)

Directions

- 1 Combine the black beans, vegetable broth, quinoa, tomatoes, chili powder, cumin, garlic powder, salt and red pepper flakes in the pot of the pressure cooker and close the lid.
- 2 Set to "sealing", then press manual/pressure cooker and cook for 5 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully and stir in the lime juice.
- 3 Divide between bowls and top with diced avocado. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 cup of the quinoa mixture and 1/2 an avocado.

More Flavor: Add fresh garlic or onion, coriander or smoked paprika.

Additional Toppings: Serve with fresh cilantro, green onion, jalapenos, salsa or hot sauce.

More Vegetables: Add corn kernels, chopped leafy greens or bell pepper.

Cooking Time: If the cooking liquid has not completely absorbed after the initial cooking time, return the lid, seal and cook for another couple of minutes on high pressure.

No Canned Tomatoes: Use fresh tomatoes instead.