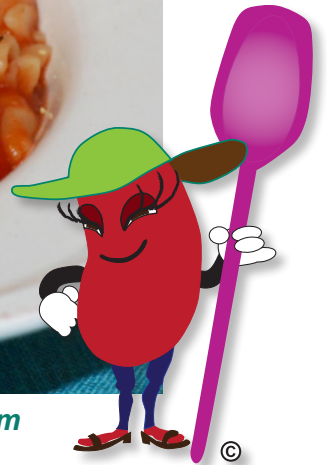


Beans, Rice And Everything Nice

Instant Pot Pasta



original recipe by beansriceeverythingnice.weebly.com

Ingredients

makes 4–6 servings

1/2 yellow onion, diced
1-2 cloves garlic, minced
1/2 pound or 8 mushrooms sliced
1 cup of baby carrots, thinly sliced
2 Tablespoons Italian seasoning
1-454 gram (1 pound) package pasta
2 cups cooked or 1 can beans drained and rinsed
1-796 ml (28 oz) can of diced tomatoes or tomato sauce
500 grams or 1-398 ml (14 oz) can cherry tomatoes
3-4 cups water
a couple of big handfuls of pre-washed spinach

Vegan Parmesan Sprinkles

1/4 cup sesame seeds, toasted
1/4 cup nutritional yeast
1/2 teaspoon salt (optional)

1. Press the Saute button on the Instant Pot and let the insert warm up for 1 minute. Add the diced onion and dry saute until cooked, adding a splash of water as needed. Add the minced garlic and stir. Press the Cancel button to turn off the heat. Add the rest of the ingredients and stir to combine.
 2. Close the lid. Set the pressure release valve to Sealing. Press the Manual button and adjust the cooking time to 6 minutes (or half the stovetop cooking time recommended on the package of your pasta). When finished cooking, release the pressure immediately and open the lid.
 3. Test the pasta for doneness. If your pasta is a little under cooked, replace the lid and let sit for another minute or two before serving. It may seem a bit soupy at first, but the pasta will continue to absorb the water as it sits. Gently stir to combine.
 4. Serve topped with a dusting of Parmesan Sprinkles (recipe below) and some fresh black pepper.
-
1. Lightly toast the sesame seeds in dry pan until slightly darkened and aromatic. Put the sesame seeds, nutritional yeast and salt in a spice grinder and grind for 10-20 seconds—not too long or you'll make a paste. Store in a glass jar with a lid in the refrigerator. Serve on everything.