



Instant Pot Taco Pasta

6 servings

40 minutes

Ingredients

12 ozs Veggie Crumbles
 2 1/2 cups Organic Vegetable Broth (Low Sodium, divided)
 4 stalks Green Onion (finely chopped)
 2 Garlic (cloves, minced)
 1 tsp Cumin (ground)
 1 tsp Chili Powder
 1 Tomato (large, diced)
 1/2 cup Frozen Corn (thawed)
 1 cup Black Beans, Rinsed And Drained (low sodium, drained and rinsed)
 1 Red Bell Pepper (diced)
 1 cup Salsa (low sodium)
 2 cups Legume Pasta (shells, dry, uncooked (like Banza))

Nutrition

Amount per serving	
Calories	240
Fat	1g
Saturated	0g
Trans	0g
Carbs	34g
Fiber	14g
Sugar	6g
Protein	21g
Cholesterol	0mg
Sodium	713mg

Directions

- 1 Set Instant Pot to saute, add 1/4 cup veggie broth, onions and garlic. Saute 3 to 5 minutes or until onions are translucent.
- 2 Place veggie crumbles in Instant Pot with 1/4 cup vegetable broth. Stir until warm.
- 3 Add cumin, chili powder, diced tomato, corn, black beans and bell pepper to the Instant Pot and stir to incorporate with the veggie crumbles.
- 4 Stir in the remaining of the broth, salsa, and pasta. Cover the Instant Pot with the lid and set the valve on SEALING position. Press on PRESSURE COOK or MANUAL on high for 4 minutes. Quick release when done cooking.
- 5 Divide into bowls. Top with favorite toppings. Enjoy!

Notes

No Instant Pot: Use a large pot or skillet to prepare. Adjust cooking time to 15-20 minutes until pasta is cooked.

Other Vegan Options: Use cooked lentils (1 1/2 cups) or black beans instead of veggie crumbles or TVP- textured vegetable protein (5.5 oz rehydrated with 1 1/2 cup boiling water).

No Legume Pasta: Use any other type of pasta or pasta shell instead like whole wheat penne or chickpea fusilli.

Optional Toppings: Grated cheese, sour cream, avocado, fresh lime, cilantro or extra salsa.

Likes it Spicy: Stir in a chopped jalapeno, a little hot sauce, or a pinch of cayenne with the other vegetables and spices.