



Pressure Cooker Quinoa Recipe (Instant Pot Method)

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Learn how to cook quinoa in a pressure cooker that works every time. Get my tips on cooking white, red, black, and tricolor quinoa in an Instant pot for a convenient hands-off method.

Course	Grain Dishes
Cuisine	American
Prep Time	12 minutes
Cook Time	1 minute
Total Time	13 minutes
Servings	3 cups cooked quinoa
Calories	209kcal
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Ingredients

- 1 cup uncooked white quinoa red, black, or tricolor quinoa would also work
- 1 cup water*
- pinch of salt

Instructions

1. Rinse quinoa in a fine-mesh strainer under cold water until water runs clear.
2. Transfer it to the Instant pot, pour in the liquid, and a pinch of salt, if using.
3. Secure the lid. Move the steam release valve to *Sealing position*.
4. Select Manual/Pressure Cook to cook on high pressure for 1 minute for white quinoa and 3 minutes for red, black, or tricolor quinoa.
5. When the cooking cycle is complete, let the pressure naturally release for 7-8 minutes, then move the steam release valve to *Venting* position to release any remaining pressure.
6. Carefully open the lid. Fluff it with a fork and serve.

Notes

FAQs & Answers:

- **How long does it take from start to finish to cook quinoa in a pressure cooker?** It usually takes about 6-7 minutes for it to come to pressure and then 7-8 minutes for it to release naturally. In total, depending on the type of quinoa you are using, it takes about 15-20 minutes of cooking time.
- **Do I Need To Adjust Timing If I Multiply The Recipe?** If you are planning to include quinoa in your meal planning and want to make more than a batch you can certainly

double or triple the recipe. The best part is that all you have to change is the amount of liquid used (1:1 ratio of quinoa to liquid). The time of cooking does not change.

- **Two ways to flavor quinoa:**

1. Toast quinoa with oil: Toasting quinoa with coconut oil (or any other vegetable oil of your choice) using the sautee function for 2-3 minutes helps with bringing out its nutty and earthy flavors. I would recommend using 1-2 teaspoons of oil for every cup of quinoa you cook. Also, be sure to stir constantly to prevent it from burning.
2. **Swap water with broth ***: Depending on where you are planning to use your cooked quinoa, you can switch up the cooking liquid. Simply use the same ratio and use vegetable, beef or chicken broth as the cooking liquid.

Nutrition

Calories: 209kcal | Carbohydrates: 36g | Protein: 8g | Fat: 3g | Saturated Fat: 1g | Sodium: 7mg | Potassium: 319mg | Fiber: 4g | Calcium: 27mg | Iron: 3mg