# INSTANT POT BEEF BURRITOS

## Ingredients:

- 2T veggie oil
- 1 yellow onion, diced
- 2 cups low-sodium organic beef broth, divided
- Sea salt and fresh ground pepper to taste
- 3 cloves garlic, minced
- 1T chili powder
- 2 tsp ground cumin
- 1 pound lean ground organic beef
- 1 can (15-ounces) black beans, drained and rinsed
- 1 can (15-ounces) 15-ounces corn kernels, drained and rinsed
- 1 can (16-ounces) diced tomatoes, undrained
- 1 cup Jasmine rice
- Low carb whole wheat flour tortillas (or your favorite tortillas)
- Your favorite toppings (hot sauce, sour cream, cheese, guacamole, lettuce, etc)




## Directions:

- Turn the Instant Pot on saute setting and add the oil; once the oil is hot, add in the diced onions and cook for 1 minute.
- Add in the ground beef, break it up with a wooden spoon, and season with salt and pepper; cook until browned.
- Stir in the garlic and cook for 30 seconds.
- Season with chili powder and cumin; stir around. Add in 1/4 cup of beef broth, stir and simmer for 1 minute.
- Stir in the beans, corn, and tomatoes; stir until combined.
- Add the rice on top of the mixture, but don't stir.
- Add remaining broth over the rice.
- On manual setting, set the pressure to HIGH for 10 minutes.
- Close and lock the lid. Instant Pot will take about 10 minutes to pre-heat and then the 10 minutes to cook.
- Allow pressure to naturally release for 12 minutes, then turn to quick release.
- Remove the lid and stir. Place the lid back on (powered off) and let stand for 5 minutes.
- Remove lid and divide mixture between low carb tortillas and top with your choice of toppings.
- Makes 8 servings.

NUTRITION PER SERVING:

Calories 301, Fat 8g, Sat Fat 4g, Chol 35mg, Sodium 318mg, Carbohydrates 26g, Fiber 1g, Sugar 2g, Protein 17g

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