

# 10 Easy And Delicious Plant Based Recipes For Your Pressure Cooker

Are you looking for some quick and nutritious plant-based recipes to try in your pressure cooker? Look no further! In this article, we'll be sharing ten easy and delicious plant-based recipes that are perfect for your pressure cooker. Whether you're a seasoned vegan or just starting to explore the world of plant-based cooking, these recipes will surely satisfy your taste buds and leave you wanting more.

## 1. Creamy Butternut Squash Soup



Ingredients:

**COMPLETE PERFECT VEGAN INSTANT POT  
COOKBOOK: easy and delicious plant based  
recipes for your pressure cooker**

by BookSumo Press (Kindle Edition)

★★★★★ 4.6 out of 5

Language : English



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Screen Reader	: Supported
Enhanced typesetting	: Enabled
Print length	: 76 pages
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- 1 medium butternut squash, peeled and cubed
- 1 onion, chopped
- 3 cloves of garlic, minced
- 1 can of coconut milk
- 2 cups of vegetable broth
- 1 teaspoon of dried thyme
- Salt and pepper, to taste

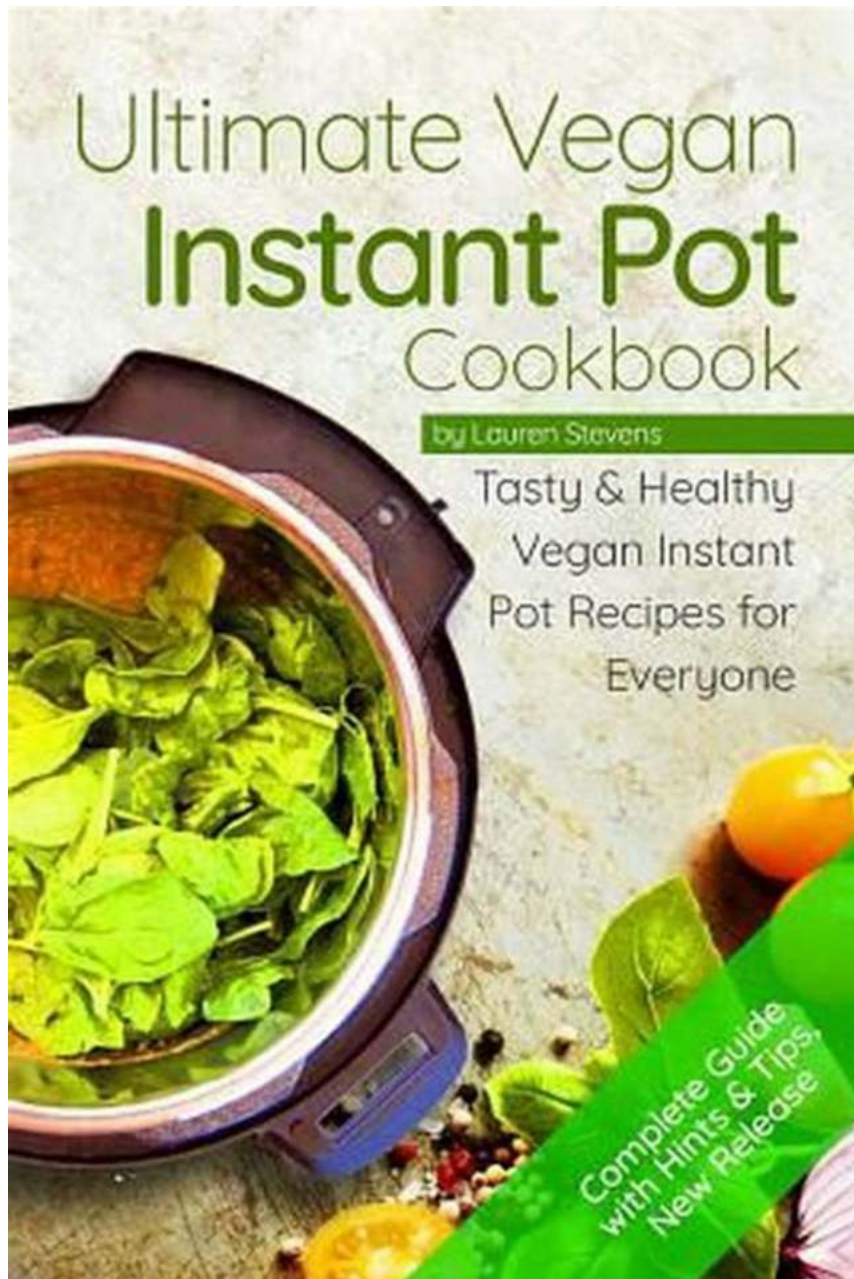
#### Instructions:

1. Place all the ingredients in your pressure cooker.
2. Close the lid and set the pressure cooker to high pressure.
3. Cook for 10 minutes.
4. Allow the pressure to release naturally, then carefully open the lid.
5. Using an immersion blender or regular blender, puree the soup until smooth.

6. Season with salt and pepper to taste.

7. Serve hot and enjoy!

## 2. Hearty Vegetable Stew



Ingredients:

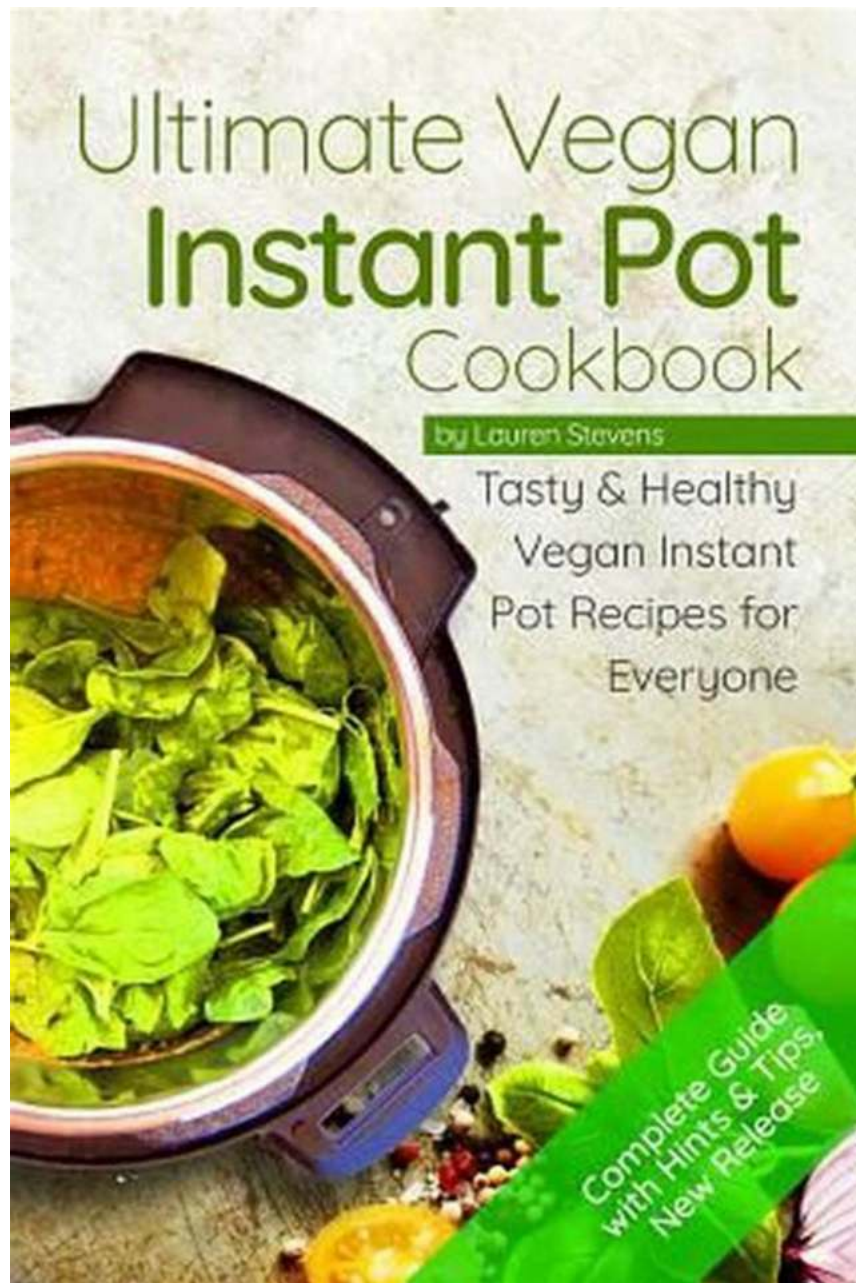
- 2 cups of mixed vegetables (carrots, potatoes, bell peppers, etc.), chopped

- 1 cup of cooked chickpeas
- 1 cup of cooked lentils
- 1 can of diced tomatoes
- 1 onion, chopped
- 3 cloves of garlic, minced
- 1 teaspoon of cumin
- 1 teaspoon of paprika
- Salt and pepper, to taste
- Fresh cilantro, for garnish

Instructions:

1. Place all the ingredients in your pressure cooker.
2. Close the lid and set the pressure cooker to high pressure.
3. Cook for 15 minutes.
4. Allow the pressure to release naturally, then carefully open the lid.
5. Garnish with fresh cilantro.
6. Serve hot and enjoy!

### **3. Vegan Chili**



Ingredients:

- 1 onion, chopped
- 3 cloves of garlic, minced
- 1 bell pepper, diced
- 1 zucchini, diced

- 1 can of kidney beans
- 1 can of black beans
- 1 can of diced tomatoes
- 2 tablespoons of chili powder
- 1 teaspoon of cumin
- 1 teaspoon of paprika
- Salt and pepper, to taste

Instructions:

1. Place all the ingredients in your pressure cooker.
2. Close the lid and set the pressure cooker to high pressure.
3. Cook for 10 minutes.
4. Allow the pressure to release naturally, then carefully open the lid.
5. Season with salt and pepper to taste.
6. Serve hot with your choice of side dish.
7. Enjoy!

#### **4. Lentil Bolognese**



Ingredients:

- 1 cup of lentils
- 1 onion, chopped
- 3 cloves of garlic, minced
- 1 carrot, grated



- 1 can of diced tomatoes
- 1 tablespoon of tomato paste
- 1 teaspoon of dried oregano
- 1 teaspoon of dried basil
- Salt and pepper, to taste

Instructions:

1. Place all the ingredients in your pressure cooker.
2. Close the lid and set the pressure cooker to high pressure.
3. Cook for 15 minutes.
4. Allow the pressure to release naturally, then carefully open the lid.
5. Season with salt and pepper to taste.
6. Serve hot over your favorite pasta or zucchini noodles.
7. Enjoy!

## **5. Spicy Quinoa and Black Bean Salad**



Ingredients:

- 1 cup of quinoa
- 1 can of black beans, rinsed and drained
- 1 bell pepper, diced
- 1 tomato, diced

- 1/4 cup of red onion, chopped
- 1 jalapeno, minced
- Juice of 1 lime
- 2 tablespoons of olive oil
- 1/4 cup of fresh cilantro, chopped
- Salt and pepper, to taste

Instructions:

1. Place quinoa and double the amount of water in your pressure cooker.
2. Cook for 1 minute on high pressure.
3. Allow the pressure to release naturally, then carefully open the lid and let the quinoa cool.
4. In a large bowl, combine cooked quinoa, black beans, bell pepper, tomato, red onion, and jalapeno.
5. In a separate small bowl, whisk together lime juice, olive oil, cilantro, salt, and pepper.
6. Pour the dressing over the salad and toss well to combine.
7. Refrigerate for at least 1 hour before serving.
8. Enjoy!

## **6. Moroccan Chickpea Tagine**



Ingredients:

- 1 onion, chopped
- 3 cloves of garlic, minced
- 1 bell pepper, diced
- 1 carrot, sliced

- 1 can of chickpeas, rinsed and drained
- 1 can of diced tomatoes
- 1 teaspoon of ground cumin
- 1 teaspoon of ground coriander
- 1 teaspoon of ground turmeric
- 1/2 teaspoon of cinnamon
- Salt and pepper, to taste
- Fresh cilantro, for garnish

Instructions:

1. Place all the ingredients in your pressure cooker.
2. Close the lid and set the pressure cooker to high pressure.
3. Cook for 15 minutes.
4. Allow the pressure to release naturally, then carefully open the lid.
5. Garnish with fresh cilantro.
6. Serve hot with couscous or rice.
7. Enjoy!

## **7. Sweet Potato and Chickpea Curry**



Ingredients:

- 2 medium sweet potatoes, peeled and cubed
- 1 onion, chopped
- 3 cloves of garlic, minced
- 1 can of chickpeas, rinsed and drained

- 1 can of coconut milk
- 2 tablespoons of curry powder
- 1 teaspoon of ground cumin
- 1 teaspoon of ground coriander
- 1/2 teaspoon of turmeric
- Salt and pepper, to taste
- Fresh cilantro, for garnish

Instructions:

1. Place all the ingredients in your pressure cooker.
2. Close the lid and set the pressure cooker to high pressure.
3. Cook for 10 minutes.
4. Allow the pressure to release naturally, then carefully open the lid.
5. Garnish with fresh cilantro.
6. Serve hot with rice or naan bread.
7. Enjoy!

## **8. Vegan Pad Thai**



Ingredients:

- 8 oz of rice noodles
- 2 tablespoons of soy sauce
- 2 tablespoons of lime juice
- 1 tablespoon of maple syrup



- 1 tablespoon of sesame oil
- 2 cloves of garlic, minced
- 1/2 cup of tofu, diced
- 1 carrot, julienned
- 1 bell pepper, sliced
- 1/2 cup of bean sprouts
- 2 green onions, sliced
- Chopped peanuts and cilantro, for garnish

Instructions:

1. Cook rice noodles according to package instructions, then drain and set aside.
2. In a small bowl, whisk together soy sauce, lime juice, maple syrup, and sesame oil.
3. In your pressure cooker, sauté garlic and tofu until lightly golden.
4. Add in the carrot, bell pepper, bean sprouts, and green onions.
5. Pour in the sauce mixture and stir to combine.
6. Close the lid and set the pressure cooker to high pressure.
7. Cook for 2 minutes.
8. Allow the pressure to release naturally, then carefully open the lid.
9. Add cooked rice noodles to the pressure cooker and toss well to combine all the flavors.

10. Garnish with chopped peanuts and cilantro.

11. Serve hot and enjoy!

## 9. Mushroom Risotto



Ingredients:

- 1 cup of Arborio rice

- 1 onion, chopped
- 3 cloves of garlic, minced
- 8 oz of mushrooms, sliced
- 4 cups of vegetable broth
- 1/4 cup of white wine (optional)
- 2 tablespoons of nutritional yeast
- 1 tablespoon of olive oil
- Salt and pepper, to taste
- Fresh parsley, for garnish

Instructions:

1. In your pressure cooker, sauté onion, garlic, and mushrooms in olive oil until mushrooms are browned.
2. Add Arborio rice and stir for a minute to coat it well.
3. Add white wine and cook until it evaporates.
4. Pour in vegetable broth and stir well.
5. Close the lid and set the pressure cooker to high pressure.
6. Cook for 5 minutes.
7. Allow the pressure to release naturally, then carefully open the lid.
8. Stir in nutritional yeast, salt, and pepper.
9. Garnish with fresh parsley.
10. Serve hot and enjoy!

## 10. Chocolate Vegan Cheesecake



Ingredients:

- 1 1/2 cups of raw cashews, soaked overnight
- 1/4 cup of coconut oil, melted
- 1/4 cup of maple syrup

- 1/4 cup of cocoa powder
- 1 teaspoon of vanilla extract
- 1 cup of dates, pitted
- 1 cup of walnuts
- Pinch of salt

#### Instructions:

1. In a food processor, combine dates, walnuts, and a pinch of salt. Pulse until the mixture is sticky and crumbly.
2. Press the mixture into the bottom of a lined springform pan to create the crust.
3. In a blender, combine soaked cashews, coconut oil, maple syrup, cocoa powder, and vanilla extract. Blend until smooth and creamy.
4. Pour the creamy mixture over the crust in the springform pan.
5. Smooth the top with a spatula.
6. Refrigerate for at least 4 hours, or until set.
7. Remove from the springform pan and slice into desired portions.
8. Serve chilled and enjoy!

These plant-based recipes for your pressure cooker are not only easy to make, but they also offer a wide range of flavors and nutrients. Whether you're craving something warm and comforting or looking for a lighter option, these recipes have got you covered. So dust off your pressure cooker and get ready to embark on a culinary adventure with these delicious plant-based dishes!



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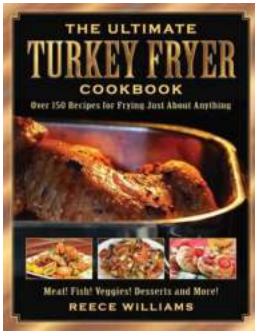
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Veganism is defined as a way of living that attempts to exclude all forms of animal exploitation and cruelty, whether for food, clothing or any other purpose. For these reasons, the vegan diet is devoid of all animal products, including meat, eggs and dairy. People choose to follow a vegan diet for various reasons. These usually range from ethics to environmental concerns, but they can also stem from a desire to improve health. A lot of people describe the Instant Pot as a pressure cooker but technically it's actually a multi cooker. There are a range of different models that are anywhere from 6 to 10 different appliances in one. So not only is it a pressure cooker, it's also a slow cooker, rice cooker, yogurt maker, steamer, saute pan, and food warmer (there's even a fancy model that includes and air fryer). It will also make your bed and take your kids to school. No it won't. About This Recipe Collection I've divided the recipes below into categories in order to make it as easy as possible to find what you're looking for. You'll find recipes under the following categories: •Main Courses •Pasta and Noodles •Soups and Stews •Breakfast •Dips and Snacks •Desserts •Drinks •Side Dishes and How To's



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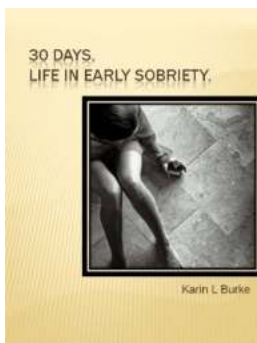
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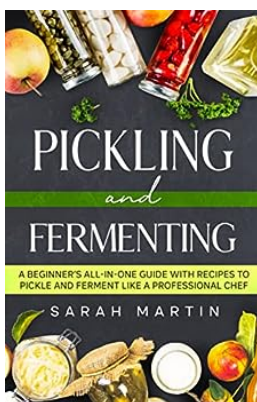
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