



Recipe Details

Recipe Name - Potato Bowls

Recipe Steps -

Ingredients

- Fresh potatoes - We used 5 pounds in the video; you will have plenty of potatoes left over for more bowls, fries, etc.
- 1 15oz can or jar of black beans, drained and rinsed, or use fresh beans you cooked
- 1 Tbsp Nacho Spice Nutritional Yeast (for beans)
- 1 tsp sugar-free BBQ Rub (for beans, we use sugar-free Rib Rack original)
- 1 Tbsp chili powder, divided (for beans)
- 1 1/2 cups frozen roasted corn (we use Trader Joe's)
- 1 1/2 Tbs diced pickled jalapenos, with some juice (for corn)
- Salsa of your liking to top the bowl off

Instructions

1. Cook 5 pounds of potatoes in your instant pot for 40 minutes on high pressure, slow release for 20 minutes or more (they are fine to slow release for hours, they will still be hot when you are ready for them)
2. In a microwave safe bowl, mix black beans, nutritional yeast, rub, and chili powder together
3. In a separate bowl mix corn and jalapenos together
4. Microwave both bowls for 5 minutes
5. When potatoes are done, place desired amount in a bowl, top with corn, black beans and salsa
6. Enjoy!

