

Instant Pot Quinoa (Fluffy, Perfect, No Soaking!)

A quick & simple method for making PERFECT quinoa in the Instant Pot every time! Just 1 ingredient and about 20 minutes required!

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4.72 from 67 votes

PREP TIME	COOK TIME	TOTAL TIME
18 minutes	3 minutes	21 minutes

Servings 4 (~3/4-cup servings)
Course Helpful How-to, Side Dish
Cuisine Gluten-Free, Vegan
Freezer Friendly 1 month
Does it keep? 5 Days

Ingredients

- 1 cup quinoa
- 1 ½ cups water (or [vegetable broth](#) for more flavor)

Instructions

1. Add quinoa and water (or vegetable broth) to the [Instant Pot](#) and stir to prevent sticking. Pressure cook on high for 3 minutes (it will take about 8 minutes for the Instant Pot to pressurize before cooking begins).
2. Once the timer goes off, allow to naturally release for 10 minutes, then release any remaining pressure. Carefully remove lid once steam has fully escaped.
3. Enjoy immediately in [stir fries](#), [fried "rice"](#), [zucchini fritters](#), [vegan sausage](#), [vegan meatballs](#), or as a side to nearly any main. Store cooled leftovers in the refrigerator up to 5 days or in the freezer up to 1 month. Reheat in a skillet on the stovetop, adding oil or coconut aminos, as needed, to prevent sticking.

Notes

*Total time includes active cook time, release time, and the time it takes for the Instant Pot to heat up (~8 minutes).

*Nutrition information is a rough estimate.

Nutrition (1 of 4 servings)

Serving: 1 three-quarter-cup serving Calories: 156 Carbohydrates: 27.3 g Protein: 6 g Fat: 2.6 g Saturated Fat: 0.3 g Polyunsaturated Fat: 1.4 g Monounsaturated Fat: 0.69 g Trans Fat: 0 g Cholesterol: 0 mg Sodium: 2 mg Potassium: 239 mg Fiber: 3 g Sugar: 2.6 g Vitamin A: 5.95 IU Vitamin C: 0 mg Calcium: 19.98 mg Iron: 1.94 mg



So easy – When done I store in big glass container and make Quinoa Breakfast Bowl to go..
1 cup cooked Quinoa – cinnamon or pumpkin spice, scoop Collagen peptides, raisins, fresh fruit, walnuts