

# Apple Pie Oatmeal

## INGREDIENTS

- 1 tablespoon butter or oil
- 1 cup steel cut oats
- 2 large apples, chopped
- 1 1/2 cups water
- 1 1/2 cups milk: any type
- 3/4 teaspoon salt
- 1/2 teaspoon nutmeg
- 1 stick of cinnamon or  
1 teaspoon ground cinnamon
- 4 cardamon pods or  
1/2 teaspoon ground cardamon
- 1 cup milk, for serving
- 1 cup of pecans, chopped
- sweetener, for serving

## DIRECTIONS

1. Set the electronic pressure cooker to the sauté setting.
2. Add butter to inner pot; melt.
3. Add steel cut oats to the pot and toast for 3-5 minutes until they have a nutty fragrance.
4. Add the apples, water and milk to the oats. Stir together.
5. Add salt, nutmeg, cinnamon, and cardamon.
6. Close and secure the lid on the electronic pressure cooker.
7. Set the pressure cook time to 6 minutes.
8. When the cook time ends, allow the pressure to naturally release. After 15-20 minutes, release any remaining pressure and remove the lid.
9. Remove the cinnamon stick and cardamon pods, if used. Stir oatmeal before serving
10. Top oatmeal with milk, pecans, and sweetener of choice, to taste.

Optional toppings: dried cranberries, raisins, nutbutter, hemp seeds

# Red Beans and Clinatro Lime Rice

## INGREDIENTS

- 1 tablespoon olive oil
- 1 onion, chopped
- 3 ribs celery, chopped
- 2 carrots, chopped
- 5 cloves garlic, minced
- 1 cup red beans, soaked overnight
- 3 cups vegetable stock
- 1 bay leaf
- 1 teaspoon salt
- 1 cup brown rice, rinsed
- 1 cups water
- 1 teaspoon salt
- 1/4 cup cilantro, chopped
- 1 lime
- 1 tablespoon butter

## DIRECTIONS

1. Set the electronic pressure cooker to the sauté setting.
2. Add tablespoon oil, onion, celery, carrots, and garlic to pot. Sauté 3-5 minutes.
3. Add soaked red beans, stock, and bay leaf to bottom of pot.
4. Using a heat-proof bowl that fits inside your electronic pressure cooker, put rice, water, and salt in the bowl.
5. Place trivet in the pot with the beans; its okay if it touches the beans. Place the bowl on top of trivet.
6. Close and secure lid in the locked position.
7. Set manual pressure time to 25 minutes.
8. After the cook time ends, allow the pressure to naturally release. After 15-20 minutes, release any remaining pressure and remove the lid.
9. Carefully remove the bowl of rice and trivet, set aside.
10. Add salt to beans and stir. If there is excess liquid in the pot, turn electronic pressure cooker to sauté and cook a few minutes.
11. For the rice, fluff with a fork and gently stir in cilantro, fresh lime juice, and butter.

