



Instant Pot Black Beans

PREP: 10 min

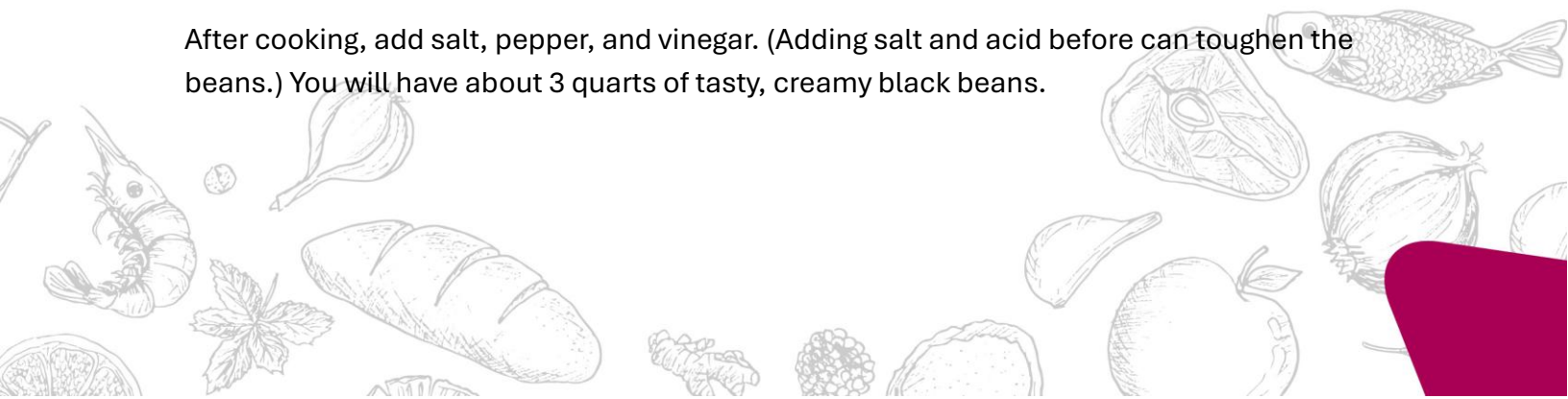
INGREDIENT LIST:

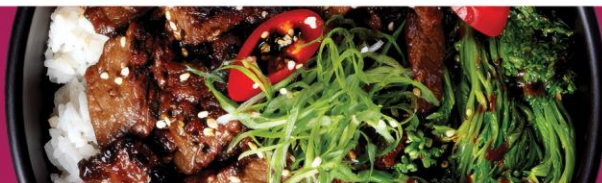
- 1 (10-14 oz.) bag frozen seasoning blend (onions, peppers, parsley) – can substitute fresh
- 2 Tbsp. olive oil 1 generous tsp. garlic powder OR 5 cloves fresh garlic, coarsely chopped
- 1 tsp. cumin
- 1 bag (or generous 2 cups) dried black beans
- 6 cups water
- 2 bay leaves (optional)
- 1-2 Tbsp. sea salt or "Better Than Bouillon" (to taste)
- Black pepper or hot sauce
- A few drops of white wine vinegar
- Ham hock (optional)

RECIPE INSTRUCTIONS:

1. This recipe is fastest using a frozen bag of seasoning blend (sofrito) and garlic powder. If using fresh, chop the onion and pepper.
2. Start the Instant Pot on Sauté and add 2 Tbsp. olive oil.
3. Once hot, add the peppers, onions, garlic, and cumin. Occasionally stir the pot while processing the beans.
4. Rinse and pick over the beans. Drain.
5. Turn off the Instant Pot. Add the beans, 6 cups of water, and bay leaves.
6. Put the lid in place. Change the Instant Pot setting to pressure cook; time: 24 minutes; no warm. Cook time is heating time plus 24 minutes plus natural release – so forget about it for an hour.

After cooking, add salt, pepper, and vinegar. (Adding salt and acid before can toughen the beans.) You will have about 3 quarts of tasty, creamy black beans.





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***For black bean soup (2 servings): Take 1 cup juice and 1/2 cup beans. Mash or blend. Garnish with chopped onions or a sprinkle of cheese. Heat and serve.

***For refried beans (1/2 cup per serving): Put 1-2 Tbsp. olive oil in pan. Add beans with some juice for the desired number of servings. As the beans simmer, mash and stir with a potato masher. Add garlic powder and other seasonings to taste.

***For black beans and rice: Serve with salad for a meal, or alongside chops, pork roast, or burgers. Add to salads, soups, and vegetable blends.

