



Pressure Cooker or Instapot Pinto Beans

Yields 8 large servings

Ingredients

- 1 pound dry pinto beans
- ½ large brown-skinned onion, peeled but kept whole
- ½ good-sized yellow or red bell pepper, seeded but kept whole
- Large chunks of 1 carrot + 1 celery + 1 parsnip (optional)
- 4 large cloves peeled garlic
- A handful of fresh cilantro if you have it (optional)
- 3 ½ cups water with a tablespoon of chicken stock, (I like Better Than Bouillion)
- 1 teaspoon of tomato paste (I use my always ready tube)
- 2 tablespoons chili powder
- 1 tablespoon yellow mustard (the kind you put on hamburgers)
- 1 teaspoon cumin
- 1 teaspoon dried basil
- 1 teaspoon fresh ground black pepper
- 2 bay leaves
- 1 tsp molasses
- 1 tsp neutral oil such as grapeseed or avocado

Instructions

- Place beans in the Instant Pot or pressure cooker and add enough water to cover by 2" to 3". Allow to soak overnight or for at least six hours. Alternatively, bring the beans to a boil before soaking and let them simmer away for two minutes, then remove the pot from the heat and let the beans sit in the hot water, covered, for at least an hour. After the soaking time, drain off and discard the soaking water and rinse the beans with fresh cool water, draining well. Set aside.
- Add everything above to the soaked and rinsed beans and stir well.
- Lock the lid in place, let the pressure cooker or Instapot come to full pressure and cook 22 minutes from when it reaches full pressure.
- When the time is up, allow the steam pressure to naturally release which should take 15 to 20 minutes. Sometimes I leave the beans in the pot after turning off the heat and go to do errands, returning two hours later. Fine. After the natural release, remove the lid. Remove the onion, carrot, celery, and herbs with kitchen tongs.

- Stir, taste and season with salt as desired. You shouldn't need much, or any, salt.
- Sometimes I package the beans into smaller containers and freeze them. And while the beans are cooking I make some type of rice, which also freezes well.

Notes: I usually do a quick soak rather than overnight just because when I get a hankering for beans, I don't want to wait for the long soak. Also, as these sit after cooking they thicken up quite a bit, so don't panic if they seem soupy.