



Dry Red Beans in the Instant Pot

Jacob · 29/09/2024



Prep Time

10 mins

Difficult

Easy

Servings

55 mins

Description

I don't buy canned red beans anymore I use my Instant Pot to cook them from dry every time I don't even have to think about soaking them ahead of time since that's not needed. If you do decide to soak the beans check your appliance manual because cooking time will be shorter.

Ingredients

— - 2 ¼ cups dry kidney beans

Instructions

1. Pour beans into a multi-functional pressure cooker (such as Instant Pot). Cover with a few inches of cool water. Close and lock the lid. Select Manual; set timer for 28 minutes on high pressure according to manufacturer's instructions. Allow 10 to 15 minutes for pressure to build. Release pressure using the natural-release method according to manufacturer's instructions.
2. 10 to 40 minutes. Unlock and remove the lid. Drain beans and let cool. Cook's Note Cook beans for 25 minutes if they're going into a soup.
3. because they will continue cooking. Cook for 30 minutes if you're going to use the beans in salads or other finished dishes. Cooked beans freeze well! Pour cooled beans into an airtight container with some of the cooking liquid. Leave room at the top for expansion; cover with the lid and freeze. Or pour into a heavy-duty zip-top bag with some of the cooking liquid. Seal and place on a plate to freeze flat. Once frozen.
4. the flat bags are easier to store.