



Instant Pot Black Beans

Savannah · 28/09/2024



Prep Time

10 mins

Difficult

Easy

Servings

50 mins

Description

You can use your pressure cooker to cook dried black beans from scratch in under an hour way faster than soaking them overnight and cooking them on the stove And you can skip buying them canned If you do decide to soak check your appliance manual because cooking time will be even shorter

Ingredients

— - 1 ¼ cups dry black 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 21 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 time can range from 20 to 25 minutes based on the consistency you prefer. Choose a shorter time if the beans are going into a soup
3. because they will continue cooking. Cook longer if the beans are for salads or other side 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.