



Instant Pot Baked Beans

Jacob · 28/09/2024



Prep Time

40 mins

Difficult

Medium

Servings

2 hrs 5 mins

Description

This Instant Pot baked beans recipe was passed down through my French Canadian family from my grandmother to my mother and then to me many years ago. It traditionally takes hours to make as we let the beans slow cook overnight in the oven on low heat. I transformed it into a much quicker Instant Pot recipe with great success. With this method, you don't even have to presoak the beans. These are even better the next day and freeze well too.

Ingredients

- 8 cups water - 1 pound dry navy beans
- rinsed and picked through - 1 tablespoon olive oil - 6 ounces salt pork
- diced - 6 ounces bacon
- cut into small pieces - 1 small onion
- minced - 1 ½ cups water
- divided - ½ cup molasses - ¼ cup ketchup - ¼ cup brown sugar - 1 tablespoon yellow mustard

Instructions

1. Combine water and beans in a multi-functional pressure cooker (such as an Instant Pot). Close and lock the lid. Select high pressure according to manufacturer's instructions; set the timer for 15 minutes. Allow 10 to 15 minutes for pressure to build. Release pressure using the natural-release method according to manufacturer's instructions
2. about 20 minutes; quick-release remaining pressure according to manufacturer's directions. Unlock and remove the lid. Drain and rinse beans with cold water and set aside. Rinse and wipe out the Instant Pot insert and place back into the pressure cooker. Turn on the Instant Pot and select the Sauté function. Heat olive oil until shimmering
3. 2 to 3 minutes. Add salt pork
4. bacon
5. and onion; cook until fat begins to render
6. 1 to 2 minutes. Pour in 1/2 cup water and scrape any browned bits off the bottom. Turn the Instant Pot off. Whisk together molasses
7. ketchup
8. brown sugar
9. mustard
10. and remaining 1 cup water in a small bowl. Return cooked beans to the pot along with ketchup mixture. Gently stir to combine. Close and lock the lid. Select high pressure according to manufacturer's instructions; set the timer for 35 minutes. Allow 10 to 15 minutes for pressure to build. Release pressure using the natural-release method according to manufacturer's instructions
11. about 20 minutes; quick-release remaining pressure according to manufacturer's directions. Unlock and remove the lid. Beans will thicken as they cool. Serve immediately or freeze portions for later. Recipe Tips
The salt content of salt pork varies
12. so you may need to adjust the salt before serving. Older beans can take longer to cook
13. so you may need to increase cook time by 5 to 10 minutes if the beans are still firm.