

Instant Pot Beans from Scratch

Makes 6 cups cooked beans (equivalent to 3 cans)
Recipe adapted from www.amindfulmom.com

2 cups dried beans (rinsed and sorted)

8 cups water

1 bay leaf (optional)

1 onion, sliced (optional)

2-3 cloves garlic, sliced (optional)

Salt to taste



1. Place beans, water, onion, garlic, and bay leaf (if using) into your instant pot. Close the lid and make sure that the pressure valve is set to "Sealing."
2. Cook on High Pressure for 30 minutes (40 if you like your beans really soft).
3. Allow pressure to naturally release or wait at least 20 minutes before manually quick releasing.
4. Stir in salt or seasoning to taste and serve.

Nutrition per ½ cup cooked beans: 115 calories; 0.5g Fat; 7g Protein; 21g Carbohydrates; 5g Fiber; 7mg Sodium



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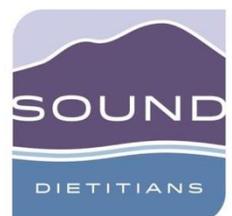
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Instant Pot Southwest Rice

Makes 12 servings

Recipe adapted from www.noracooks.com

2 tablespoons olive oil

1 yellow onion, chopped small

4 cloves garlic, minced

4 cups uncooked brown rice

1 28 oz can Rotel diced tomatoes with green chilies

4 ½ cups water

1. Set instant pot to Sauté function and sauté oil, onion, garlic, and rice for 1-2 minutes until fragrant.
2. Stir in the Rotel and Water. Place the lid on the instant pot and make sure the pressure valve is set to sealing.
3. Cook on high pressure for 24 minutes and allow for the pot to release pressure naturally.
4. Fluff with a fork and serve.

Nutrition per ½ cup serving: 170 calories; 4g Fat; 5g Protein; 29g Carbohydrates; 3g Fiber; 222mg Sodium



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