

Cooking dry black beans in the Instant Pot (No soak)

INGREDIENTS

1 lb dry black beans

6 cups water, or 4 cups broth of your choice and 2 cups water

Optional: You may add spices/seasonings of your choice

INSTRUCTIONS

1. Rinse the dry black beans under cold running water and pick out any visible pebbles or stones.
2. Put rinsed beans in the inner pot of your Instant Pot.
3. Add water, broth, or both
4. Add any spices/seasonings you choose
5. Place lid on Instant Pot and lock into place
6. Make sure sealing valve is set on seal.
7. Cook on manual/pressure cook mode for 50 minutes.
8. Let natural release for 20 minutes

NOTE: This recipe is for cooking beans for dehydrating. Therefore, no fats or dairy products are added. However, if you wish to add either fats or dairy products you may do so during after Step 3.

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