

Instant Pot Boston Baked Beans

★★★★☆

4.3 from 9 reviews



Prep Time: 20 minutes Yield: 10-12 servings 1x

Navy beans with molasses and salt pork pressure cooked in a fraction of the time it would take to cook in the oven.

Ingredients

SCALE 1/2x 1x 2x

- **1 pound dry navy beans**
- **2 tsp salt**
- **3 Tbsp brown sugar**
- **1/4 – 1/2 cup molasses**
- **3/4 tsp pepper**
- **1 1/2 tsp dry mustard**
- **12 oz salt pork, cut into 1 inch pieces**

Instructions

1. Add beans and 7 cups water into Instant Pot. Cover pot and secure lid. Make sure valve is set to sealing. Set the manual/pressure cook button to 20 minutes. Let the pressure release naturally for 10 minutes and then perform a controlled release. Drain the water and rinse off the beans.
2. Add the beans back into the Instant Pot. Add in 1 ½ cups of water.
3. Add 1 cup of boiling water, salt, brown sugar, molasses, pepper, dry mustard to a bowl and stir mixture. Add mixture to the Instant Pot. Rinse the salt pork well and then add it in.
4. Cover the pot and secure the lid. Make sure valve is set to sealing. Set the manual/pressure cook button to 10 minutes. When time is up let the pressure release naturally for 10-20 minutes. Release any remaining pressure.
5. Remove the lid. Stir the beans. Turn Instant Pot to saute setting. Let the sauce thicken and reduce down for about 10-15 minutes until it is thick. Stir every so often.
6. Taste test and add more molasses or salt and pepper to taste.

Notes

A controlled release is releasing the steam in controlled bursts. You will switch the valve back and forth between sealing and venting, a few seconds at a time. Releasing the steam like this prevents the liquid from spewing out and making a mess. I like to use this method when there is a very full pot or if the food is starchy.

I used my 6 quart [Instant Pot Duo 60 7 in 1*](#).

Serves 12

Calories Per Serving: **229**

% DAILY VALUE			
Total Fat 11% 8.3g	Saturated Fat 2.9g	Cholesterol 3% 8.1mg	Sodium 28% 646.8mg
Total Carbohydrate 11% 30.6g	Dietary Fiber 21% 5.9g	Sugars 8.9g	Protein 18% 9g

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