

Instant Pot Pinto Beans

This recipe was tested using a six-quart Instant Pot Duo SV. I have also used this same technique for black beans. This should work for most beans, with the exception of split peas and chickpeas.

Ingredients

- 2 cups dried pinto beans
- 4 cups water
- 1/2 tsp salt

Method

1. Sort the pinto beans and rinse them.
2. Add all ingredients to inner pot and stir to combine.
3. Pressure cook on high for 35 minutes.
4. Natural release for ten minutes.
5. Perform a quick release.

Notes

- To make refried beans, add bacon grease or lard to the pot and stir until it is melted. Use a potato masher (lots of work) or an immersion blender (easy).
- You can also chop some bacon, set the Instant Pot to sauté, and cook the bacon until it begins to render its fat. Turn the Instant Pot, and proceed as above.
- For a vegan version, set the Instant Pot to sauté, add some oil, and fry a chopped onion until it softens. Then add 1 tsp ground cumin and 1 tsp granulated garlic along with the beans.
- For spicy beans, add pickled jalapeños or some chipotles in adobo, the latter of which will also add a nice smokiness.