



No-Soak Black Beans in the Instant Pot

How to cook dried black beans in your Instant Pot

Prep Time:
4 minutes

Pressure Cook Time:
30 minutes

Total Time:
1 hour

Course: Main Course, Salad, Side Dish, Soup Cuisine: Beans & Rice, Mexican, Southern
Keyword: Budget-friendly, Dinner, Gluten-free, Kid-Approved, Pantry, THM-E, Vegetarian Servings: 12
Calories: 147 Author: philip putnam

Ingredients

- 1 lb dried black beans
- 6 cups water
- 1 tbsp olive oil
- 2 bay leaves Optional
- 1 cup onion, diced Optional. 1 cup diced onion is about 1 medium onion.
- 6 cloves garlic, minced Optional. Substitute garlic powder by using 1/3 teaspoon of garlic powder for every clove of fresh garlic.

Instructions

1. Sort and rinse dried beans.
2. Pour beans into Instant Pot.
3. Add water, oil, and optional seasonings.
4. Check lid to make sure sealing ring and valves are inserted properly. Close the lid.
5. Turn Steam Release valve to [Sealing].

6. Set Pressure Cooking Program to [Pressure Cook] or [Manual] or [Bean/Chili].
7. Make sure your Instant Pot is on HIGH pressure by pressing the [Pressure] button until it cycles to HIGH pressure. The LUX model of Instant Pot only has High pressure, so you can skip this step.
8. Set pressure cooking time to 30 minutes by pressing the [+] or [-] button.
9. Pause for 10 seconds while you wait for the Instant Pot to start. Or Press [Start] if you have a model that has a Start button, such as Ultra or Max.
10. Instant Pot will heat up, come up to pressure, and display countdown while pressure cooking.
11. Allow pot to Natural Release for at least 15 minutes before manually releasing the remaining pressure from the pot. Natural release time is cook time when cooking beans in the Instant Pot.
12. Open the Instant Pot and add salt.
13. Stir well and serve as desired.

Notes

- Always pressure cook beans with 1 tablespoon of oil or fat to keep foaming down.
- Remember that Natural Release time *is* cook time. The pot is still extremely hot and your beans are still cooking while the pot is slowly coming down from being under pressure. Do not skip the Natural Release step in cooking beans because they may not be done cooking when you get the lid open.
- When you open the pot after cooking, stir and then taste test the beans. If they need extra time, simply set them to pressure cook for another 5 or so minutes. They will come to pressure fairly quickly at this point, because they are still very hot. Natural Release for 10 minutes and test again.

Nutrition

Calories: 147kcal | Carbohydrates: 25g | Protein: 8g | Fat: 2g | Saturated Fat: 1g | Sodium: 9mg | Potassium: 586mg | Fiber: 6g | Sugar: 1g | Vitamin A: 6IU | Vitamin C: 1mg | Calcium: 56mg | Iron: 2mg

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