



Pressure Cooker Mexican Pinto Beans

Prep Time: 5 minutes

Total Time: 1 hour 20 minutes

Yield: 8- 1 cup servings

Ingredients:

- 2 pounds dry pinto beans
- 1 white or yellow onion, diced
- 2 garlic cloves, diced
- 1 teaspoon salt
- 8 cups water
- 1 bay leaf
- 2 sprigs cilantro
- 1 fresh jalapeño, diced

Directions:

1. Add all ingredients to a pressure cooker, cook at high pressure for 35 minutes.
2. Allow for a natural pressure release (about 30 minutes), then remove the aromatics and season to taste with additional salt if needed.
3. Use immediately in your favorite recipe, or store in an airtight container in the refrigerator for up to one week, or freeze for up to 3 months.

Notes:

- Flavor variations:
 - Chipotle: add 1 chipotle chile in adobo sauce, with 1 Tbsp. of sauce
 - Lime: add zest and juice of 1 lime
- To make refried beans, drain beans, reserving 1 cup of cooking liquid. Mash beans or blend with immersion blender (food processor or blender works too), adding in cooking liquid as needed.

Recipe adapted from:

Passtheplants.com

Nutrition Facts		Amount	% Daily Value*	Amount	% Daily Value*		
Amount per	186 g	Total Fat	0.9g	1%	Total Carbohydrates	38g	13%
1 serving (6.6 oz)		Saturated	0.2g	1%	Dietary Fiber	9g	38%
Calories	206	Trans Fat	0g		Sugars	2g	
From fat	8	Cholesterol	0mg	0%	Protein	12g	25%
		Sodium	155mg	6%			
		Calcium	9%	Iron	20%	Vitamin A	3%
						Vitamin C	10%

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* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.