

Instant Pot Black Beans



Save time with the Easy No-Soak way to cook Instant Pot Black Beans (Pressure Cooker Black Beans)! Tasty creamy hearty black beans recipe that's perfect as a healthy side dish, burrito or taco filling, topping, or simple black beans soup.

Course	Dinner, Side Dish, Soup
Cuisine	American, Mexican
Keyword	black beans recipe, instant pot beans, instant pot black beans, instapot black beans, pressure cooker beans, pressure cooker black beans
Total Time	1 hour 40 minutes
Servings	4 -6
Calories	183
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Ingredients

- 1 pound (454g) black beans , unsoaked
- 1 (240g) onion , chopped
- 8 (27g) garlic cloves , chopped
- 6 cups (1.5L) unsalted chicken stock (or 4 cups chicken stocks + 2 cups cold water)
- 1 teaspoon (2.7g) ground cumin
- 1 teaspoon (0.6g) oregano
- 3 (0.4g) bay leaves
- 1 tablespoon (15ml) olive oil
- Cilantro , chopped
- ½ teaspoon coarse kosher salt

Instructions

1. **Saute Onion in Instant Pot:** Heat up Instant Pot using "Sauté More" function. Wait until it says "HOT" (~8 mins). Add 1 tbsp (15ml) olive oil in Instant Pot. Add in chopped onions, then saute for 3 minutes.
2. **Add Spice & Garlic:** Add in 1 tsp (2.7g) ground cumin, 1 tsp (0.6g) oregano, and 3 bay leaves. Saute for another minute. Add in minced garlic, then saute for 30 seconds.
3. **Deglaze Instant Pot:** Pour 1 cup (250ml) unsalted stock in Instant Pot, then deglaze by scrubbing all the flavorful brown bits off the bottom of the pot with a wooden spoon. Give it a quick mix.
4. **Pressure Cook Black Beans:** Add in 1 lb (454g) black beans and ½ tsp coarse kosher salt. Pour in 5 ½ cups (1.25L) unsalted chicken stock, then give it a quick mix.

With Venting Knob in Venting Position, close the lid, then turn Venting Knob to Sealing Position. Pressure Cook at High Pressure 50 minutes + Natural Release 20 minutes. After 20 minutes, release the remaining pressure by turning Venting Knob to Venting Position. When Floating Valve drops, open the lid carefully.

*Pro Tip: Adding salt to the black beans will not make it tough.

5. **Season Black Beans:** Taste and season black beans with more salt (for reference, 3 - 4 large pinches of salt worked best based on our testings).
6. **Serve Instant Pot Black Beans:** You can serve the black beans as a yummy side dish, topping, filling, or a simple Black Beans Soup.

*Pro Tip: If serving as a Black Beans Soup, boil the black beans in Instant Pot (use "Saute High" function for another 4 - 5 minutes. This will add some more body to the soup. Stir occasionally.

Garnish your black beans with chopped cilantro, then serve. *Enjoy!~ :)*

Notes

Use Fresh Dry Beans: Although beans have a relatively long shelf life, older beans may take a much longer cooking time to be softened. So best to use fresh dry beans if possible.

***Rate the Recipe:** If you've tried the recipe, don't forget to Rate the Recipe in the Comments Section. Thank you! :)

Nutrition

Calories: 183kcal | Carbohydrates: 26g | Protein: 12g | Fat: 4g | Saturated Fat: 1g | Sodium: 268mg | Potassium: 554mg | Fiber: 7g | Sugar: 2g | Vitamin C: 4.4mg | Calcium: 56mg | Iron: 2.6mg