

# Instant Pot Dried Beans



How to Cook Dried Beans in a Pressure Cooker with No Pre-Soaking Required

**Course** Side Dish  
**Cuisine** American  
**Keyword** Instant Pot Beans

**Prep Time** 2 minutes  
**Cook Time** 30 minutes  
**Pressure Time** 40 minutes  
**Total Time** 1 hour 12 minutes

**Servings** 24  
**Calories** 63 kcal

## Ingredients

- 1 pound dried beans rinsed and sorted (this is equal to 2 measuring cups full of dried beans)
- 8 cups water
- 2 teaspoons kosher salt
- 1 tablespoon apple cider vinegar optional
- 1 bay leaf optional
- 1 onion, sliced optional

## Instructions

1. Place beans, salt and water in pressure cooker. Add in apple cider vinegar, bay leaf and onion if using.
2. Place lid on Instant Pot and close valve to "seal."
3. Cook on high pressure for 30 minutes. \*See notes
4. Allow to naturally release until pressure subsides, or at least 20 minutes before doing a quick release.
5. Once beans have finished cooking, drain off the cooking liquid and use as directed in recipes. I do like to store cooked beans in a bit of the cooking liquid to keep them moist and tender while they sit in fridge, this is not necessary, but suggested.

## Recipe Notes

- Almost all dried beans take 30 minutes to cook.
- I have found that black beans are ready in 25 minutes and chickpeas are softer at 40 minutes.
- For incredibly soft beans without much structure left, cook for 40-45 minutes on high pressure.
- Add in the apple cider vinegar to help aid in digestion of beans.

# Nutrition Facts

Instant Pot Dried Beans

Amount Per Serving

Calories 63

	<b>% Daily Value*</b>
<b>Sodium</b> 200mg	<b>8%</b>
<b>Potassium</b> 256mg	<b>7%</b>
<b>Total Carbohydrates</b> 11g	<b>4%</b>
Dietary Fiber 2g	<b>8%</b>
<b>Protein</b> 4g	<b>8%</b>
Vitamin C	1%
Calcium	1.8%
Iron	7%

\* Percent Daily Values are based on a 2000 calorie diet.