

pressure cooker senate bean soup



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Author: Mike Vrobel Prep Time: 15 minutes Cook Time: 45 minutes Total Time: 1 hour
Yield: 6-8 Category: Sunday Dinner Method: Pressure Cooker Cuisine: American



DESCRIPTION

Pressure Cooker Senate Bean Soup recipe. It doesn't get more American than bean soup from the United States Senate lunchroom.

INGREDIENTS

1 pound dried navy beans, sorted and rinsed
2 tablespoons butter
1 large onion, cut into 1/2 inch dice
2 cloves garlic, sliced
1/2 teaspoon Kosher salt
1 1/2 pounds smoked ham hocks (or a hambone and some leftover ham)
8 cups water
1 teaspoon fresh ground black pepper
Salt to taste
Minced parsley for garnish

INSTRUCTIONS

- Sort and rinse the beans:** Sort the navy beans, removing broken beans, stones, or dirt clods. Rinse the beans and set aside.
- Saute the aromatics:** Heat the butter in the pressure cooker pot over medium-high heat until it stops foaming. Add the onion, garlic, and 1/2 teaspoon salt. Saute until the onions are softened and browning around the edges, about 8 minutes.
- Pressure cook the beans:** Drain the navy beans, rinse, and add to the pressure cooker. Set the ham hocks on top of the beans, then pour the water over everything. Lock the lid on the pressure cooker, and cook at high pressure for 30 minutes in an electric PC, or 26 minutes in a stovetop PC. Let the pressure release naturally, about 20 minutes. Remove the lid carefully, opening away from you – even when it's not under pressure, the steam in the cooker is very hot.
- Shred the ham hock, season, and serve:** Remove the ham hock from the pot with a slotted spoon or tongs, and set aside to cool. Ladle 2 cups of beans into a blender and puree the beans, then stir back into the pot. (I use my stick blender for this step.) When the ham is cool enough to handle, shred it, then stir the ham back into the pot. Stir in the fresh ground black pepper. Now, taste the soup, and add salt until the soup tastes sweet and full of body, and you can just feel the taste of salt on the tip of your tongue. (I needed 2 teaspoons of kosher salt to get the taste I wanted.) Serve with a sprinkle of minced parsley on each bowl.

NOTES

- **Want to speed up the cooking time of the recipe? Soak the beans.**
- **Overnight soak:** Sort the navy beans, removing broken beans, stones, or dirt clods. Rinse the beans and put them in a large container with the salt. Cover with 2 quarts water. Let the beans soak for at least 8 hours, or overnight.
- **Quick Pressure soak:** Sort the navy beans, removing broken beans, stones, or dirt clods. Rinse the beans, put them in the pressure cooker pot, add the salt, and cover with 2 quarts water. Lock the lid, bring the pressure cooker up to high pressure, and cook for 3 minutes at high pressure (stovetop or electric PC). Let the pressure come down naturally (about 20 minutes – there's a lot of water to cool down), then drain and rinse the beans.



- Please, do not forget to season to taste at the end! Soup tastes bland and flat without added salt. Don't worry if it seems like a lot of salt – you're still adding a lot less salt than you'd get in canned beans.

TOOLS

- 6 quart or larger pressure cooker (I love my [Instant Pot electric pressure cooker](#))

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