

Instant Pot Beans

Beans are a food of abundance. It's hard to make just a little bit of beans, so we share them with each other (and our future selves if we remember to freeze them) and explore new ways to enjoy a comforting ingredient. This recipe is for dried beans that have not been soaked. If you have presoaked your beans, the cooking time can be reduced from 50 minutes to 25 minutes. This recipe can be used in the following mollete recipe as well as the enchiladas recipe!

Ingredients

- 2 cups dried pinto beans
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp oregano
- ½ tsp cumin
- ½ tsp chili powder
- ½ tsp baking soda
- 2 bay leaves
- 4 cups chicken or vegetable stock
- 1 Tbsp salt

Equipment

Instant pot

A great tool to have in the kitchen is an Instant Pot or other electric multicooker. Its different settings like “Saute” mode or “Stew” enable a wide range of cooking techniques. Its use of pressure cooking (instead of letting the steam from cooking with liquid evaporate, it traps the steam, which increases the cooking temperature to a point that breaks food down faster and more thoroughly), hugely reduces cooking time and doesn't keep people tied to the stove—in fact you don't even need a stove to begin with! And its ease of use and versatility is helpful for folks with a wide variety of abilities.

As Jules Sherred writes in *Crip Up the Kitchen: Tools, Tips, and Recipes for the Disabled Cook*, “With the Instant Pot, if you are disabled and have mobility issues, you don't have to stand in the kitchen while cooking. If you are neurodivergent, there aren't a lot of things vying for your attention. When cooking under pressure, you just set it and walk away...Not only are they helpful for those with mobility issues and pain disorders, but electric pressure cookers are great if you have certain conditions that make eating food difficult.”

Wash your pinto beans and check for tiny stones—there's always one! Combine ingredients in an Instant Pot or electric pressure cooker and select the Bean setting (or Manual for 50 minutes). Allow the pot to release naturally, and once the lid is able to be removed, taste for salt and serve.

To make this recipe into refried beans, sautee 1 diced onion and 2 minced garlic cloves in 1 tablespoon of oil. When the onions turn translucent, add the beans and stock to the pan. Use a potato masher or fork to mash and mix the beans into your desired consistency.