

# INSTANT POT DRIED BEANS

<b>Prep Time</b> 2 minutes	<b>Cook Time</b> 40 minutes	<b>Level</b> 40-45 minutes
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## Ingredients:

- 1 pound dried beans rinsed and sorted
- 8 cups water
- 1 bay leaf, optional
- 1 onion, sliced, optional
- 2 teaspoons kosher salt
- ½ teaspoon apple cider vinegar, optional



## Directions:

1. Place beans, water, onion, and bay leaf in a pressure cooker.
2. Place lid on Instant Pot and close valve to "seal".
3. Cook on high pressure following these times:  
**Black beans** - 30 minutes **Chickpeas** - 40 minutes **Kidney beans** - 35 minutes **Pinto beans** - 25 minutes **Navy beans** - 30 minutes.
4. Allow to naturally release until pressure subsides, or at least 20 minutes before doing a quick release.
5. Once beans have finished cooking, stir in salt and vinegar. Store cooked beans in a bit of the cooking liquid to keep them moist and tender while they sit in the fridge.

## Notes to the Chef...

For incredibly soft beans without much structure left, add 10 minutes to cook time.

For pre-soaked beans, decrease cook time by 10 minutes.

