



Instant Pot Red Beans & Rice

Ingredients:

1 Tbsp olive oil

1 cup chopped onion

3 cloves garlic, minced

fine sea salt to taste

1 pound dry red beans

7 cups chicken broth

2 Tbsp Creole seasoning (To taste: cayenne, paprika, garlic powder, onion powder, salt, pepper, thyme, basil, oregano)

1 ham hock

1 red bell pepper, chopped

1 and 1/2 cups rice

1 pound polish or smoked sausage, sliced

DIRECTIONS:

Saute onion and garlic in oil and sea salt.

Add broth, beans, seasonings and ham hock. Set pressure cooker to beans well done (45 min). Let pressure release naturally.

Remove ham hock. Let cool and separate off the ham from the fat and bones.

Mash the beans roughly.

Add rice, peppers and chopped sausage. Set cooker to white rice (15 min).

Let pressure release naturally.

Stir in the bits of ham. Enjoy!