

NO-SOAK INSTANT POT REFRIED BEANS



Ingredients:

1 pound pinto beans	2 bay leaves
2 tbsp EVOO or bacon grease	1.5 tsp kosher salt
1 small onion, chopped	1 tsp cumin
1 jalapeno, diced	1 tsp oregano
3 cloves garlic, pressed	1/4 tsp cayenne
4 cups stock	Optional toppings (cheese,
2 cups water	tomatoes, jalapenos, onion, etc)

Instructions:

Thoroughly rinse beans in a colander and pick out any that look different to discard. Turn your 6 qt instant pot to saute, and heat the oil/grease. Saute the onion and jalapeno until tender, then press in the garlic and saute another 30 seconds. Add a splash of your favorite meat or vegetable stock and deglaze the pot, then add the remaining stock, water and spices. Stir to combine.

Seal the pot and cook on manual (high) for 45 minutes. Let the pressure release naturally for at least 25 minutes.

Discard the bay leaves and drain the beans in a colander, reserving the liquid. Return beans to the pot and mash to your desired consistency, adding reserved liquid as needed to your preference. (I usually have to add more as they sit a while. If you have any left, it's so good in taco soup!)

Taste and adjust seasoning as desired.

Recipe presented by: Deborah Anderson



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