Instant Pot Beans from Scratch

Makes 6 cups cooked beans (equivalent to 3 cans)
Recipe adapted from www.amindfulmom.com

2 cups dried beans (rinsed and sorted)
8 cups water
1 bay leaf (optional)
1 onion, sliced (optional)
2-3 cloves garlic, sliced (optional)
Salt to taste

1. Place beans, water, onion, garlic, and bay leaf (if using) into your instant pot. Close the lid and make sure that the pressure valve is set to “Sealing.”
2. Cook on High Pressure for 30 minutes (40 if you like your beans really soft).
3. Allow pressure to naturally release or wait at least 20 minutes before manually quick releasing.
4. Stir in salt or seasoning to taste and serve.

Nutrition per ⅛ cup cooked beans: 115 calories; 0.5g Fat; 7g Protein; 21g Carbohydrates; 5g Fiber; 7mg Sodium