

# Pressure Cooker Refried Beans

## Ingredients:

- 1 pound dry pinto beans
- 2 teaspoons olive oil
- 1 small yellow onion, diced
- 1 tablespoon minced garlic
- 4 cups unsalted chicken stock
- 2 cups water
- 2 bay leaves
- 1 1/2 teaspoons salt
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- Optional - 1/4 teaspoon cayenne pepper



## Instructions:

1. Place the pinto beans in a large colander. Thoroughly rinse them and remove any debris.
2. Turn pressure cooker to SAUTE. Add the oil and onions. Sauté for 2 minutes, then add the garlic.
3. Add the remaining stock, water, bay leaves, salt, cumin, oregano, (optional) cayenne, and the rinsed and drained beans. Lightly stir to combine.
4. Seal the pressure cooker. Cook on HIGH for 45 minutes. When the 45 minutes of pressure cooking has finished, let the pressure release naturally for 25 minutes. Vent to release any remaining pressure.
5. Discard the bay leaves. Reserve 2 cups of the bean cooking liquid in a bowl or measuring cup, then drain the remainder. Return to the beans to the pot. Mash or blend beans. Adding reserved liquid as needed.

## Nutrition Facts

Serving size: 2/3 cup

Servings: 9

Amount per serving

**Calories** **196**

% Daily Value\*

**Total Fat** 1.7g **2%**

Saturated Fat 0.3g **1%**

**Cholesterol** 0mg **0%**

**Sodium** 452mg **20%**

**Total Carbohydrate** 32.7g **12%**

Dietary Fiber 8g **29%**

Total Sugars 1.8g

**Protein** 12.7g