

Black Beans

Ingredients

2 c Black Beans
6 c Water
1/2 c Onion (diced)
2 clv Garlic (chopped)
2 t Sea Salt
1 t Chili Powder
1 t Cumin
1 t Oregano
0 ds Ground Black Pepper
1 Lime (juiced, optional)

Instructions

1. Place the beans in a large colander and sort through them to remove and discard any stones or debris.
2. Rinse the beans and transfer them to the Instant Pot. Add the water, onion, garlic, salt, chili powder, cumin, oregano, and several grinds of black pepper. Secure the lid on the Instant Pot and Pressure Cook on High for 25 minutes. Allow the Instant Pot to release pressure naturally, about 20-30 minutes then release. When the float valve drops, remove the lid.
3. Use the beans in your favorite black bean recipe or season to taste with more salt, pepper, and squeezes of lime juice, if desired, and serve as a side dish.