



## How To Cook Beans in a Stovetop Pressure Cooker

### How To Cook Any Bean in a Pressure Cooker

*Makes 5 to 6 cups of beans, plus broth*

#### What You Need

##### Ingredients

1 pound dried beans  
2 tablespoons, plus 1 teaspoon of salt  
1/4 yellow onion, left whole  
1 clove garlic  
1 bay leaf  
1 tablespoon oil

##### Equipment

Medium-sized bowl  
Measuring cups and spoons  
Colander or sieve  
6- to 8-quart stove top pressure cooker (see Recipe Note)  
Timer  
Slotted spoon  
Ladle  
Jars or other containers for storage

#### Instructions

1. **Presoak the Beans:** 6 to 8 hours before you cook the beans, dissolve 2 tablespoons of salt into 6 cups of water. Add the beans (you may want to rinse them first to remove any residual dust and dirt) and cover with a plate or a towel.

2. **Drain the Beans:** When the beans are done soaking, drain them in a colander or sieve. Place the pressure cooker on the stove and add the drained beans.
3. **Add the Aromatics:** Add 8 cups of water, 1 teaspoon of salt, onion, garlic, bay leaf and oil to the pot.
4. **Cook the Beans:** Secure the lid according to instruction manual and turn the flame up to high. Keep an eye on the pot and when it reaches high pressure, reduce the flame to medium/medium low and start timing the beans. (See Recipe Note regarding electric pressure cookers.)
5. **Natural Release:** When the time is up, turn off the heat. Allow the pot to cool down and release pressure naturally. Follow your instruction manual to determine how you will know when the pot is ready to be opened.
6. **Remove the Lid:** Unlock and remove the lid, tilting the lid away from you and allowing any condensation to drip back into the pot. Using a slotted spoon, fish out and discard the onion, garlic and bay leaf.
7. **Use or Store:** Your beans are now ready to use. If you want to store them, measure out 1 1/2 cups of beans into 2-cup storage containers. Add liquid to cover, leaving 1/2 inch of headspace. Seal and store in the refrigerator for 4 to 5 days or in the freezer for up to one year. Be sure to label the jars with date and contents.

### Recipe Notes

- In this method, we are used a stovetop pressure cooker. If you are using an electric pressure cooker, then follow your cooker's instructions and method for bringing the pressure cooker up pressure and cook as directed above.

