

Instant Pot Refried Beans

One recipe makes a little more than 1 medium tray of Refried Beans*

[Live. Life. Simple's: Make Easy Refried Beans for pennies EPIC INSTANT POT RECIPE!](#)

Ingredients:

1 2lb bag of Pinto beans

1 tsp (2 cloves) Garlic

½ Onion diced

3 cups Water

2 TBSP Red Wine Vinegar

1 tsp Sea Salt

1 tsp Cumin

1 tsp Chili Powder



Directions:

1. Soak your pinto beans for 8 or more hours (water needs to be 4-5 inches deeper than bean level)
2. Rinse and strain the beans
3. Place the beans into the instant pressure cooker pot.
4. Add the garlic, onion and 3 Cups of water.
5. Cook on High Pressure for 30 minutes with a natural release.
6. Add the seasonings, and then use an immersion blender or food processor, add water to thin if you want.
7. Line a tray with pre-cut parchment, spread beans out evenly (add dividers if you want to pre-portion for meals) , cover with a lid and freeze until solid.
8. Freeze dry
9. Powder the beans before storing.
10. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: In a medium mixed load my cycle time was about 39 hours

Rehydration: Add a little bit of water, stir, let sit for a few minutes. Repeat until you reach desired consistency.



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www.freezedryingcookbook.com

Cycle times & rehydration for reference only

* Large Tray = 8 Cups/tray Medium = 6 Cups/Tray Small = 4 Cups/Tray