

Beans, Rice And Everything Nice

Spicy Black Bean Soup – Instant Pot Recipe

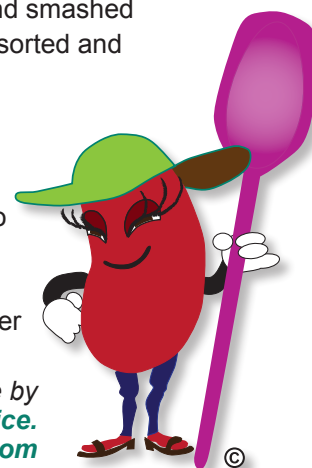


Ingredients

makes 6 servings

1 Tablespoon each: ground cumin, ground coriander, ancho Chile powder, dried oregano
1 teaspoon cracked fennel seeds
4 bay leaves
3 dried chilis: 2 guajillo, 1 pasilla (or ancho)
1 yellow onion diced
4-5 cloves garlic peeled and smashed
2 cups dried black beans, sorted and washed
8 cups water
1-398 ml (14 ounce) can diced tomatoes
for garnish: minced cilantro leaves, lime wedges, diced avocado, chopped tomatoes, diced cucumber

*original recipe by
beansriceeverythingnice.
weebly.com*



1. Once you've cleaned the black beans and measured out all the spices, remove the stem end of the dried chilis and shake out the seeds. Cut the chilis open, remove the veins and any remaining seeds. Tear into little pieces. Set aside.
2. Heat the insert of the Instant Pot by pressing the SAUTE button. Add the torn pieces of chili and toast for 1-2 minutes stirring occasionally to prevent burning. The chilis are done when they are aromatic and the skins have darkened a bit. Remove and set aside.
3. Add the diced onion to the pot and saute until translucent and slightly browned. Add a splash of water as needed to prevent burning. Add the spices and stir to combine. Add the dried chilis, black beans, garlic cloves, and water.
4. Lock the lid in place and make sure the sealing vent is set to SEALING. Press the MANUAL button and reduce the cook time to 25 minutes by pressing the Minus button.
5. Once the Instant Pot has stopped cooking, let it sit for 10 minutes. Press the CANCEL button and release the pressure by turning the sealing vent to Venting. Wait until the steam has completely released and the safety pin has dropped before opening the lid. Open the pot by lifting the lid away from you.
6. Remove the insert, and strain the cooked beans through a strainer set over a deep bowl. Reserve the cooking liquid. Remove the bay leaves. Working in batches, add the cooked beans, onion, garlic, chilis, and can of diced tomatoes to a blender along with 2 cups of the cooking water, and blend until smooth. Add everything including the reserved cooking liquid back to the cooking pot and gently reheat by pressing the keep warm button.
7. Serve garnished with minced fresh cilantro, avocado cubes, and a generous squeeze of lime juice along with a side of Roasted Corn and Tomato Salsa.

TIP:

You can easily make this recipe on your stove top. Follow the directions as written but add 10 cup of water instead of 8. Bring everything to a boil over medium-high heat, reduce heat to medium-low, and simmer until the beans are soft, about 1 hour. Stir occasionally, and add more water if needed.