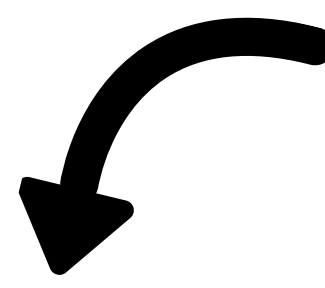


INSTANT POT RED BEANS & RICE

SERVINGS: 12

directions



- 2 tbsp oil
- 1 onion, diced
- 1 bell pepper, diced
- 3 stalks celery, chopped
- 3 cloves garlic, minced
- 5 whole garlic cloves
- 1 1/2 lbs smoked sausage, sliced
- 1 lb dry red kidney beans, quick soaked
- 4 cups water
- 1 tsp salt
- 1/2 tsp black pepper
- 1/4 tsp cayenne pepper
- 1/2 tsp dried thyme
- 2 bay leaves
- 1 tsp cajun seasoning
- Cooked rice

1. Heat oil on medium high and add onion, pepper, and celery. Cook until tender, about 5 minutes.
2. Add garlic and sausage and cook for 5 minutes.
3. Rinse the soaked kidney beans and drain.
4. Add all of the ingredients except the rice to your instant pot. Close the lid and vent.
5. Set the pressure cooker to cook for 60 minutes then let the pressure release naturally.
6. Remove the lid and using a wooden spoon or potato masher, mash about 1/3 - 1/2 of the beans.
7. Stir and the mashed beans should thicken the broth into a nice creamy gravy.
8. Serve with rice.

ingredients

