

Black Beans

Total Cook Time: 2 hours

Cook from Frozen

Meals are 3-4 servings

*For 6-8 servings, cook 2 meals in the same pot and use the cooking instructions in the parentheses

Ingredients needed to prepare meal:

- 1-2 teaspoons (2-4 teaspoons)* salt
- Optional toppings and garnishes: Melted cheese, pico de gallo, diced avocado, olives, sour cream, chips, etc

Instant Pot Cooking Directions:

1. Open the meal and pop food into the pressure cooker pot. Add 4 cups (8 cups)* of water.
2. Secure the lid and turn the pressure release knob to a sealed position. Cook at high pressure for 50 minutes.
3. When pressure cooking is complete, use a natural release.
4. Remove and discard the bay leaves.
5. Add 1 teaspoon (2 teaspoons)* salt, taste and add more if needed.
6. Optional: For a refried bean-like texture, mash with a potato masher or blend slightly with an immersion blender
7. Serve hot. Enjoy as a chip dip with a scoop of sour cream, avocado, pico de gallo, and/or shredded cheese, or in a taco or quesadilla.

Slow Cooker Cooking Directions:

1. Add frozen meal to the slow cooker pot. Add the said amount of liquid above. Cover and cook on HIGH for 3 ½- 4 hours until the beans are tender. Continue with steps 4-7.

Leftover Suggestions:

- Quesadillas, Enchiladas, Tamales, Tacos, Chip Dip, Nachos

Notes:

- These freeze beautifully after cooking. Freeze them in individual portions so you can easily grab a quick meal or snack whenever you need one.

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



INGREDIENTS: BLACK BEANS, ONION, SPICE, GARLIC