

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.

Nutrition Facts

4 servings per container

Serving size
1 cup (136g)

Calories per serving
400

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 1.5g	2%	Total Carbohydrate 73g	27%
Saturated Fat 0g	0%	Dietary Fiber 18g	64%
Trans Fat 0g		Total Sugars 3g	
Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
Sodium 10mg	0%	Protein 25g	

Vitamin D 0mcg 0% • Calcium 160mg 10% • Iron 6.5mg 35% • Potassium 1730mg 35%
Vitamin A 20mcg 2% • Vitamin C 2mg 2%

INGREDIENTS: BLACK BEANS, ONION, SPICE, GARLIC

* 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.

