

Pressure Cooker Cuban Style Black Beans by Lynn's Recipes



Lynn demonstrates how to make Cuban Style Black Beans in the pressure cooker. These are great with any Mexican or Caribbean meal. Super fast in the pressure cooker. Recipe from Fagor.

Serves 4-6

Ingredients:

- 2 cups dried black beans soaked overnight then drained
- 3 cups water, plus water for soaking
- 3 Tablespoons olive oil
- 1 cup onion, chopped fine
- 1 cup green pepper, chopped fine
- 4 garlic cloves, chopped fine
- 1/2 Tablespoon ground cumin
- 1/4 cup cilantro with stems, roughly chopped
- 2 bay leaves
- 3 Tablespoons sherry or white vinegar
- 1 teaspoon sugar
- Salt and Pepper

Heat the oil. Add the onions and peppers and cook until soft and the onions are translucent.

Add the garlic, spices and cilantro and cook for 2 minutes

Add the vinegar and sugar.

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Add 3 cups of water and add the beans. Close and lock the lid. Bring to pressure and cook on High pressure for 30 minutes. (Use the bean setting). Release pressure using the natural release method.

Uncover and take 1-1/2 cups of the beans and their liquid and place in the blender. Puree and pour back into the pot of beans for a better consistency.

*[Link to Tristar Pressure Cooker](#)

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