



Rice and Beans Serves: 8-10

Ingredients:

1 cup dried pinto beans	1 teaspoon ground cumin
1 tablespoon vegetable oil	1 teaspoon chili power
1 red onion, finely chopped	1 (14-ounce) can diced tomatoes
1 green pepper, finely chopped	2 cups chicken stock
1 jalapeño, finely chopped	1 teaspoon salt
3 cloves garlic, minced	Black pepper to taste
2 cups long-grain rice	¼ cup chopped fresh cilantro
Water	3 scallions, chopped

Directions:

1. Pour pinto beans into cooker and cover with 1 inch of water.
2. Close lid and lock.
3. Press “time” button, set to 5 minutes, then press **“start/stop”**.
4. When done, press **“start/stop”**, and wait 15-20 minutes for pressure to naturally release.
5. Carefully drain beans; set aside.
6. Press **“sear”**, and press **“start/stop”**.
7. Add oil, onions, peppers, jalapeño, and garlic and cook for 3-4 minutes.
8. Add rice and seasonings and stir to combine.
9. Stir in tomatoes and chicken stock.
10. Return beans to cooker and mix well.
11. Season with salt and pepper to taste.
12. Close lid and lock.
13. Press **“time”**, set for 8 minutes, and press **“start/stop”**.
14. When done, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally. Carefully remove lid.
15. Stir in cilantro and garnish with scallions and serve.