



# Instant Pot® Red Beans and Rice with Sausage



Red beans and rice that taste like you've spent the whole day in the kitchen come together in a fraction of the time with minimal fuss thanks to your Instant Pot® or multi-functional pressure cooker.

By Soup Loving Nicole

**Prep:** 10 mins

**Cook:** 1 hr

**Additional:** 20 mins

**Total:** 1 hr 30 mins

**Servings:** 12

**Yield:** 12 servings



## Ingredients

- 1 tablespoon vegetable oil
- 14 ounces andouille sausage, sliced into rounds
- 1 medium onion, chopped
- 1 green bell pepper, chopped
- 3 stalks celery, chopped
- 1 clove garlic, minced
- 2 teaspoons Creole seasoning (such as Tony Chachere's®)
- 1 teaspoon ground thyme
- 1 teaspoon oregano
- 1 pound dried red beans
- 4 cups chicken broth
- 1 tablespoon hot sauce (such as Louisiana®)
- 1 bay leaf
- 4 cups hot cooked rice
- ¼ cup chopped fresh flat-leaf parsley
- 3 eaches green onions, chopped

## Directions

### Step 1

Turn on a multi-functional pressure cooker (such as Instant Pot®) and select Saute function. Add oil and let heat about 30 seconds. Add sausage and cook for 5 minutes. Transfer to a plate using a slotted spoon and set sausage aside.

### Step 2

Add onion, bell pepper, and celery to the Instant Pot and cook for 3 minutes. Add garlic, Creole seasoning, thyme, and oregano; cook 2 minutes more. Turn pot off.

### Step 3

Add beans, broth, hot sauce, and bay leaf to the Instant Pot with the vegetables. Close and lock the lid. Select high pressure and set the timer for 30 minutes. Allow 10 minutes for pressure to build.

### Step 4

Release pressure using the natural-release method according to manufacturer's instructions, 10 to 40 minutes. Unlock and remove the lid.

### Step 5

Remove bay leaf from the pot and discard. Add reserved cooked sausage. Select Saute function. Cook, stirring frequently to mash some of the beans and thicken the mixture, for about 10 minutes. Turn off pot and let stand for 10 minutes.

### Step 6

Serve beans over hot cooked rice garnished with parsley and green onions.

## Nutrition Facts

**Per Serving:**

326.3 calories; protein 15.1g 30% DV; carbohydrates 41.2g 13% DV; fat 11.3g 17% DV; cholesterol 21mg 7% DV; sodium 815mg 33% DV.

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