

Black Beans {Slow Cooker or Instant Pot}

Servings: 9

Prep Time	Cook Time	Total Time
10 minutes	4 hours 5 minutes	4 hours 15 minutes



Ingredients

- 2 Tbsp olive oil, then more for serving if desired
- 1 1/2 cups chopped yellow onion
- 1 medium red bell pepper, chopped
- 1 medium jalapeno pepper, seeded and minced (optional)
- 2 Tbsp minced garlic (6 cloves)
- 3 cups low-sodium chicken broth
- 3 cups water
- 1 lb dry black beans, picked over, rinsed and drained = 2 cups
- 1 1/2 tsp ground cumin
- 1 tsp Mexican oregano*
- Salt and freshly ground black pepper
- Queso fresco, cilantro, fresh lime for serving (optional)

Instructions

- FOR THE SLOW COOKER: Heat olive oil in a large skillet over medium-high heat.
- Add onion, bell pepper and jalapeno and saute 2 minutes, add garlic and saute 1 minute longer.
- Pour mixture into a 5 - 7 quart slow cooker. Add chicken broth, water, black beans, oregano, cumin and season with salt and pepper (I use 1 1/2 tsp salt 1/2 tsp pepper then season with more at the end as needed).
- Cover and cook on high heat for ~~4 to 4 1/2~~ 6-7 hours until beans are soft. Ladle out some of the broth or use a slotted spoon to serve beans.
- Top servings with queso fresco, cilantro and fresh lime juice if desired.
- FOR THE INSTANT POT: Select the "saute" mode on the instant pot. Once the label reads "hot" drizzle in olive oil.
- Add in onion, bell pepper and jalapeno and saute 2 minutes. Add garlic and saute 1 minute longer. Press "cancel" on the instant pot.
- Pour in chicken broth, water, black beans, oregano and cumin and season with salt and pepper to taste.
- Seal instant pot with lid and make sure valve is set to "sealing" position. Select "manual mode" and set to 36 minutes.
- Once time is up let pressure come down naturally for 10 minutes then quick release any remaining pressure. Use a slotted spoon to serve beans.