

Beans and Quinoa – Pot in Pot Method

This recipe illustrates cooking soaked beans at the same time as a short cooking grain.

Beans and/or quinoa can be doubled with this method.

Beans:

- 1/2 cup dry beans, soaked overnight*
- 1 1/2 cup Vegetable Stock or water
- 1/2 tsp Chicken Taco Seasoning
- 1/2 tsp dried Italian Herbs
- 1/2 tsp salt
- 1/4 tsp cumin
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 smoked paprika
- 1/4 tsp black pepper

Quinoa:

- 1/2 cup quinoa, rinsed**
- 1/2 cup + 1 TB water
- 1/4 tsp salt

1. Add all bean ingredients to Instant Pot inner pot. Set trivet over beans. Add quinoa, water, and salt to stainless steel flat-bottomed bowl. Place bowl on trivet over beans.
2. Secure lid in place > Turn valve to SEALING > Select MANUAL or PRESSURE COOK > Adjust time to 7 minutes > After 10 seconds display will read ON
3. When time has lapsed > Allow for NATURAL PRESSURE RELEASE > Wait until silver button on lid drops > Remove lid away from you
4. With gloves remove bowl of quinoa. Check to see if beans are done. If they are very underdone, put the lid back and bring to pressure for another 2 minutes. If they are only slightly underdone, press the SAUTÉ button and allow the beans to keep cooking in the simmering liquid.

*A variety of soaked beans will work in this recipe including: adzuki, black, cannellini, great northern, lima, navy, pinto, red kidney, or not-soaked lentils

**The reason to put the beans directly in the Instant Pot inner pot and the quinoa in the bowl (instead of vice versa) is so that you can take the quinoa out and continue to cook the beans if necessary.

***Quinoa cooked directly in Instant Pot inner pot would only take 5 minutes, with a natural pressure release. Grains cooked with the Pot in Pot method take longer, so the time in this recipe reflects that. The water ratio is also lower than if made directly in inner pot. See “Quinoa” recipe for directly in pot instructions.