

## Beans and Brown Rice – Pot in Pot Method

This recipe illustrates cooking not-soaked dry beans at the same time as a long cooking grain.

Beans and/or brown rice can be doubled with this method.

### Beans:

1/2 cup dry beans, NOT soaked\*  
2 cups Vegetable Stock or water  
1 tsp Old World  
1/2 tsp cumin  
1/2 tsp oregano  
1/2 tsp salt  
1/4 tsp onion powder  
1/4 tsp garlic powder  
1/4 tsp smoked paprika  
1/4 tsp black pepper

### Brown Rice:

1/2 cup brown rice\*\*  
2/3 cup water  
1/4 tsp salt

1. Add all bean ingredients to Instant Pot inner pot. Set trivet over beans. Add brown rice, 3/4 cup 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 25 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 brown rice. 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. Add more liquid if necessary for additional cooking.

\*A variety of soaked beans will work in this recipe including: black, cannellini, great northern, lima, navy, pinto, red kidney

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

\*\*\*Brown rice cooked directly in Instant Pot inner pot would only take 22 minutes, with a natural release. Grains cooked with the Pot in Pot method take longer, so the time in this recipe reflects that.