

# Instant Pot® Cuban-Style Black Beans & Rice

## Ingredients:

- 1 c. dried black beans, rinsed and picked over
- 1 medium red pepper, seeded and cut into large pieces
- ½ medium white onion, cut into large pieces
- ½ T. dried oregano
- ½ T. dried cumin
- 1 t. garlic powder
- Sea salt and black pepper, to taste
- 2 whole bay leaves
- 1½ c. vegetable broth
- 1 T. red wine vinegar
- 2 T. red pepper, diced
- 3 T. avocado, diced
- 2 T. fresh cilantro leaves, chopped
- 1 whole lime, cut into wedges (optional)
- 3 c. cooked white or yellow rice

**Tip:** Reserve the red portion of the pepper top for garnish

This hearty meatless dish borrows elements from traditional Cuban black bean recipes, such as the oregano, dried cumin, and bay leaves. However, it isn't intended as a classic "authentic" interpretation.

Although not featured here, a tablespoon of tomato paste added prior to cooking would be a nice addition to the flavor profile of this recipe, especially if served as leftovers the next day.

This recipe was tested at 30 minutes active cook time. Although the recipe works at that time, the beans were a little firm. Add an additional two minutes to the active cook time for less firm results.



**natural**  
awakenings

Prep time: 15 minutes

Cook time: 32 minutes (+ time to come to pressure)

Natural release: 20 minutes natural release

Serves: 4

Directions continue next page.....

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## Directions:

1. Place beef and cornstarch in a one-gallon freezer bag. Seal and turn to combine until steak is lightly coated. Set aside.
2. Add one tablespoon olive oil to Instant Pot® and select the Sauté function. Set to high and once the display reads “hot,” add beef, working in batches if necessary, and brown on both sides, approximately 3 minutes per side. Add additional olive oil, as necessary, to brown the remaining beef.
3. Transfer beef to a plate and add one tablespoon olive oil to Instant Pot®. Add onion, carrots, ginger, and garlic, and cook, stirring continually, until onion and carrots are soft and turn golden brown, approximately 4-5 minutes. Remove from Instant Pot® and set aside.
4. Return beef to the cooking container and add Sriracha sauce, sesame oil, tamari, water, honey and maple syrup. Stir to combine. Add lid and set pressure valve to “Sealing” position. Select “Manual” option and set to high. Adjust cook time to 6 minutes.
5. When finished cooking, allow pressure to release naturally for 10 minutes, and then do a quick release for the remaining pressure.
6. Remove lid and add sautéed veggies back to the container. Stir to combine. Taste and adjust seasonings, as desired. Serve immediately over a bed of brown rice, topped with sliced green onions and toasted sesame seeds, if desired. Enjoy!

*“You don't need a silver fork to eat good food.”*

*Paul Prudhomme*

