

Instant Pot Homemade Refried Beans

SERVINGS
6 CUPS

PREP TIME
10 MIN

COOK TIME
1 HR

TOTAL TIME
1 HR 30 MIN

Deliciously creamy and packed with plant-based protein, these vegan refried beans are a comforting blend of tender pinto beans, aromatic spices, and a hint of smokiness.



ORGANIZING
a Plant Based Life.com

Ingredients

Directions

1

- Drizzle of Olive Oil
- 1 Onion

PREPARE BEANS

- Set Instant Pot on Sauté setting.
- Drizzle olive oil into pot and heat.
- Roughly chop onion and add to pot. Cook 3-5 minutes until onions start to become translucent.

2

- 1 Can Green Chili's, 7oz
- 2 T Minced Garlic
- 1 T Taco Seasoning
- 2 tsp Salt
- 2 tsp Oregano
- 1 Bay Leaf

- Add chili's and garlic to pot.
- Add remaining seasonings to pot and mix well.
- Cook another 2-3 minutes to combine spices.

3

- 1 lb Dried Pinto Beans
- 1 Container (32 oz) Vegetable Broth

- Rinse beans in cold water with colander.
- Remove and discard any damaged beans.
- Add beans & broth to pot and mix well.

4

COOK BEANS

- Cancel Saute setting.
- Set to Pressure Cook - 30 minutes. Will take about 15 minutes to fully pressurize.
- Once cooking is complete, allow pressure to naturally release about 30 minutes, turn off and remove lid.
- Allow beans to cool slightly.

5

BLEND BEANS

- Puree bean mixture with an immersion blender until creamy. You can also use a potato masher or add to blender to puree (just be sure to cool a longer period of time).
- Taste and adjust seasoning as necessary.

NOTES:

- This recipe makes a large party portion of beans.
- The beans will get thick as they sit, so add more broth or water to thin them out to the right consistency.
- Use within a few days or freeze small portions in quart size freezer bags for easy access.