

## Instant Pot Refried Beans

*A simple yet magical pot of pinto beans to accompany tacos, burritos, fajitas, or nachos.*

### Ingredients

- 3 cups dry pinto beans
- Water to cover beans (twice)
- 1 tsp cumin
- 1 tsp oregano
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp smoked paprika
- ½ tsp black pepper
- ½ tsp coriander
- 1 chipotle pepper in adobo sauce
- 1 10 oz can diced tomatoes with green chilies
- 10 oz water
- 2 Tbsp chopped cilantro (optional)
- 2 Tbsp nutritional yeast (optional)



### Instructions

1. Rinse dry beans well.
  2. Place into a bowl and cover with water.
  3. Soak overnight.
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1. Rinse the soaked beans well.
  2. Place into the Instant Pot and secure the lid.
  3. Use the high pressure setting for 10 minutes.
  4. Allow to release pressure naturally.
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1. Rinse the cooked beans well.
  2. Return the beans to the Instant Pot.
  3. Add remaining ingredients and stir.
  4. Using an immersion blender (or potato masher), puree until desired consistency.
  5. Set the Instant Pot to Sauté and cook for 5 minutes, stirring occasionally.
  6. You can add chopped cilantro and nutritional yeast. We think it amps up the flavors.
  7. Store leftovers in the refrigerator.