



Instant Pot Sweet Baked Beans

KIM'S HINTS:

We love to serve these beans over baked potatoes or on top of whole grain rustic bread. Add a green salad for a perfectly balanced hearty plant-based meal.

Simple no soak Instant Pot Baked beans with the perfect balance of rich, sweet, and savory. Baked beans are the perfect addition to a BBQ, veggie loaf, hot dogs, or baked potatoes.

INGREDIENTS

1 lb. dried navy beans	3 tablespoons tomato paste
3 cups water	¼ cup apple cider vinegar
2 onions, diced	2 teaspoon liquid smoke
2 celery stalked, diced	2 tablespoons Dijon mustard
2 carrots, diced	¼ teaspoon red pepper flakes
6 garlic cloves, roughly chopped	2 bay leaves
½ cup chopped pitted dates	Sea Salt to taste <i>(at the end of cooking)</i>
¼ cup molasses	

DIRECTIONS

1. Rinse and sort beans, removing any debris. Add all of the ingredients *(except salt)* to the pressure cooker.
2. Lock the lid into place and close the pressure valve. Cook at high pressure for 75 minutes. Once the cook time is complete, allow the pressure to naturally release for 8-10 minutes. Release the remaining pressure and remove the lid. Baked beans are very tender and it will require a longer pressure cooking time to get that perfect consistency of soft baked beans.
3. When the beans are finished cooking, salt to taste.

ENTREES



PREP



COOK



SERVES

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