



Beans Galore

Indian, Italian, Mexican



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Table of Contents

Contents

Disclaimer	3
Beans or Legumes	4
Beans Nutrition.....	4
Stomach Discomfort.....	4
Beans Variety	4
Presoaking the Beans	7
Cooking Liquid – Water or Broth	7
Meat In Beans	7
Greens in Beans	7
Cooking Method – Pressure Cooker	8
Instant Pot®	8
User Manual.....	9
Instant Pot Placement.....	9
Instant Pot Water Test	9
Instant Pot Cooking Steps	9
Instant Pot Cooking Time.....	9
Instant Pot Pressure Release	10
Dry Beans to Cooked Beans Volume	10
Doubling The Recipe.....	10
Cooked Beans Storage	10
Typical Bean Dinner.....	10
Cuisines – Indian, Italian, Mexican	11
Cooking Oil.....	11
Cooking Sauces	11
Cooking Prep	11
Cost & Nutrition Per Serving	11
Brand Names	11
Important Cooking Steps.....	11
Indian Recipes	13
1. Kidney Beans Indian	13
2. Kidney Beans & Meat Indian.....	14
3. Pinto Beans Indian	15
4. Pinto Beans & Meat Indian.....	16
Italian Recipes.....	17

1. Black Beans Italian.....	17
2. Black Beans & Meat Italian	18
3. Pinto Beans Italian	19
4. Pinto Beans & Meat Italian.....	20
Mexican Recipes.....	21
1. Black Beans Mexican.....	21
2. Black Beans & Meat Mexican	22
3. Pinto Beans Mexican	23
4. Pinto Beans & Meat Mexican	24
Bone Broth	25

Disclaimer

The information provided in this document is meant for educational use only and is not a substitute for professional medical diagnosis, advice, or treatment. Products do not provide medical advice, diagnosis, treatment, cure, or prevent any disease. Always seek the advice of a qualified physician or other qualified health professionals with any questions related to any medical condition and before embarking on any nutrition, supplement, diet, or other health-related programs.



Indian Lentils

Beans or Legumes

What is the difference between beans and legumes? Let's say this, "A bean is a legume; a legume is not necessarily a bean." Beans are usually oval or kidney-shaped; lentils have a disk or lens shape. Peas, in a spherical shape, are considered to be a vegetable. Now, is a peanut a bean, legume, or a nut? We will leave this for your next trivia game! We will stick with the term *beans* and leave legumes and other terms behind.

Beans Nutrition

Beans, a part of the human diet for thousands of years, are naturally high in protein, dietary fiber, trace minerals, and antioxidants. Unlike meat and fish, beans are low-fat, free of saturated fats, and have no cholesterol. Their nutrition is linked to a lower risk of diabetes, heart disease, and colorectal cancer. Eating beans routinely may help improve blood cholesterol levels.

With the high fiber content of beans, the digestive system absorbs fewer carbohydrates than from low-fiber carbohydrates. With their lower Glycemic Index (GI) – black beans GI of 22, kidney beans GI of 22, lentils GI of 29, and chickpeas (garbanzos) GI of 36 – beans help manage blood glucose levels. Beans are easy to prepare, available year-round, and have a long shelf life. The best characteristic – they are *inexpensive*. When properly seasoned, beans are delicious and adapt well to various spices and herbs.

Beans have been a staple for over 10,000 years and are integral to the Blue Zones diets – black beans, lentils, garbanzo, white beans, and soybeans. The long-lived populations in the blue zones eat about four times as many beans as those in the Standard American Diet.

Stomach Discomfort

Beans often get a bad rap for causing flatulence, but proper soaking, spicing, and cooking methods result in low discomfort, if any. Epazote herb, with a somewhat intense flavor, is native to Central America. This herb is typically used to reduce the stomach gas experienced by some people. Also, the Indian spice, ajwain, has the same use. If needed, try using one teaspoon of epazote or ajwain when cooking your beans and see if this helps.

Beans Variety

There are over forty types of beans:

1. Adzuki Beans
2. Alubia Blanca Bean

- | | |
|---------------------------------|-------------------------|
| 3. Anasazi Beans | 22. Lima (Butter) Beans |
| 4. Ayocote Blanco Bean | 23. Mantequilla Beans |
| 5. Ayocote Morado Bean | 24. Masoor Dal |
| 6. Ayocote Negro Bean | 25. Mayocoba Beans |
| 7. Black Beans | 26. Mung Beans |
| 8. Black Eyed Peas | 27. Navy Beans |
| 9. Brown Lentils | 28. Peas |
| 10. Buckeye Beans | 29. Pigeon Peas |
| 11. Butter Beans | 30. Pinto Beans |
| 12. Cassoulet (Tarbais) Beans | 31. Red Lentils |
| 13. Chick Peas (Garbanzo beans) | 32. Runner Beans |
| 14. Christmas Lima Beans | 33. Soy Beans |
| 15. Corona Beans | 34. Split Peas |
| 16. Cranberry (Borlotti) Beans | 35. Tepary Beans |
| 17. Domingo Rojo Beans | 36. Urad Beans |
| 18. Fayot (Flageolet) Beans | 37. Vaquero Beans |
| 19. French Lentils | 38. Velvet Beans |
| 20. Great Northern Beans | 39. White Beans |
| 21. Kidney Beans | 40. Yellow Eye Beans |

The recipes below incorporate the following as these are readily available and cost-effective.

1. Black Beans
2. Kidney Beans
3. Pinto Beans

You don't need to limit yourself to these beans; feel free to experiment and find your favorites from the over 40 types of beans.



Pot of Beans, Delhi, India

Beans



Adzuki Beans



Black Beans



Chickpeas (Garbanzo)



Kidney Beans



Brown Lentils



Red Lentils



Lima Beans



Mung Beans Split



Pinto Beans



Split Peas

Source: Pixabay

Presoaking the Beans

In our recipes, we use dry (not canned) beans. Caution, check beans and discard any stones, twigs, or shriveled and discolored beans. We soak all beans in water to make them more digestible. To soak, place dry beans in a pot or bowl, add water to cover the beans by one inch, and let rest overnight or for about eight hours. For a quick soak, place beans in a heat-proof pot, add hot water to cover the beans by one inch, and let sit for one hour.

Lentils and split beans need only a couple of hours of soaking.

Before cooking the beans, drain and discard the soaking water; rinse the beans. We don't use any baking soda during soaking.

Cooking Liquid – Water or Broth

We prefer homemade broth to cook the beans. Most commercial broths are high in sodium and have a poor nutrition profile; instead, it's better to use water as the cooking liquid. When using any commercial broth, you will need to *reduce* the amount of salt used in the recipe to adjust for the sodium in the broth.

We prefer homemade broth; a recipe for bone broth is provided towards the end.

Meat In Beans

You can add a variety of meats to bean dishes to supplement the protein content and create a 'meaty' taste. We use small quantities of beef, chicken, lamb, pork, or turkey. To make meat slicing easy, freeze it for about 20 minutes, slice it into ½ inch pieces, or use ground meat.

- Beef: Sirloin, tri-tip, ribeye, top loin (strip), or tenderloin. Fat removed.
- Chicken: Skinless and boneless chicken breast.
- Lamb: Boneless lamb. Lamb has a slightly natural gamey taste, primarily from the fat. Therefore, remove as much fat as possible.
- Pork: Tenderloin. Fat removed.
- Turkey: Skinless and boneless breast meat.

When using, we add 4 oz to 6 oz of meat as there is sufficient protein in the beans.

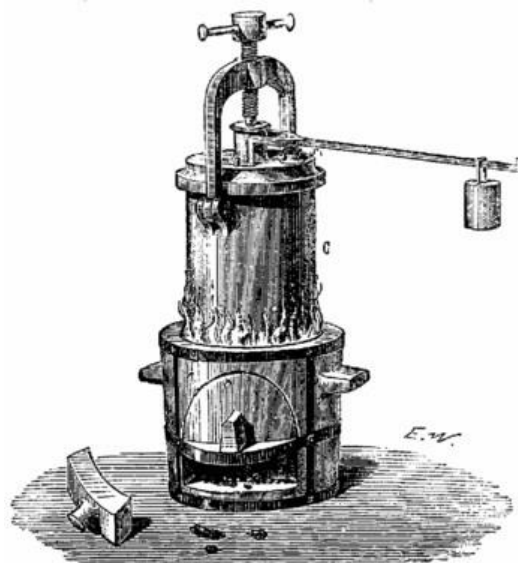
Greens in Beans

Add minced greens to the cooked beans. This provides additional nutrition, taste, color, and crunch. Chard, kale, spinach, watercress, turnip greens, tops of beets and daikons work well. Use the leaf portion (discard the tough stems) of the greens, wash well, and mince. We add greens to the beans *after* they are cooked.

Cooking Method – Pressure Cooker

Pressure cooking is the process of cooking food under high-pressure steam in a sealed metal container, using water or a water-based cooking liquid. High pressure limits brisk boiling and permits the cooking temperature to reach close to 250°F; the boiling point of water is 212°F. The higher temperature and trapped steam result in faster cooking times – typically less than half of the stovetop cooking.

Denis Papin, a French-born British physicist, invented the pressure cooker in the seventeenth century. It works by expelling air from the cooking pot and confining the steam generated from the cooking liquid in the pot – the food cooks at high pressure and a higher temperature. The cooking pot must have sufficient liquid to produce the steam.



The “Digesteur” of Denis Papin, Source: [PressureCooker](#)

According to a write-up in the *healthessentials*, Cleveland Clinic, "Cooking in an "instant pot" or pressure cooker is a great method for preparing your food on many levels — including the nutritional level. Instant pot recipes are absolutely healthy as long as what you put in the recipe is healthy. The shorter cooking time may also result in the greater preservation of vitamins and minerals when compared to other longer types of cooking." Beth Czerwony, MS, RD. November 20, 2020, Nutrition.

Various pressure cookers are available in the market; we use the Instant Pot® shown below, as it is reasonably priced and meets our primary need for cooking the beans. This is not an endorsement of the Instant Pot® brand; we did not receive any financial or other benefits from the Instant Pot® company.

Instant Pot®



The Instant Pot company has a variety of models; the dial displays and cooking instructions can differ. Please read the cooking instructions for your Instant Pot model.

User Manual

A user manual for your specific model is available online from the manufacturer's website.

Instant Pot Placement

When cooking, do not place the Instant Pot under a cabinet or close to a wall, as the released steam can damage the paint and any wood.

Instant Pot Water Test

Before using your Instant Pot for cooking, you should perform the water test according to the pot's instructions. The purpose of the water test is to become familiar with the working of the Instant Pot and ensure that the pot is not defective. If the test is not successful, contact Instant Pot support.

Instant Pot Cooking Steps

The cooking steps for all the recipes are the same except for the cooking time based on the type of beans being cooked.

Instant Pot Cooking Time

We cook the beans for 30 minutes, lentils and split beans for 20 minutes, and use the Natural Release method to dissipate steam.

Instant Pot Pressure Release

Once the dish is finished cooking, the steam under pressure within the pot must be released safely before opening the lid; here are two ways to release the steam:

- **Natural Release:** Once the food is cooked, let the pressure release by itself; the pressure floater valve will fall. This can take about 15 to 20 minutes.
- **Quick Release:** Also known as Manual release. Once the food is cooked, use a long-handled wooden spoon to turn the pressure knob. Caution, the steam will release with much force; make sure your face or any part of the body is not in the steam's proximity.

We prefer the Natural Release method.

Dry Beans to Cooked Beans Volume

In the recipes below, one cup of dry beans typically turns into about four cups of cooked beans, 3 to 4 servings.

Doubling The Recipe

If you double the amount of beans, then double the rest of the ingredients; however, the cooking time does not change; it remains as specified in the recipe.

Cooked Beans Storage

Cooked beans, once cool, can be stored in an air-tight container in the fridge for three days and up to three months in the freezer. To reheat, thaw in the refrigerator overnight, then heat in a saucepan or microwave.

Typical Bean Dinner

- Salad – Lettuce, spinach, cucumber, carrot, avocado, pumpkin seeds, extra virgin olive oil, balsamic vinegar, Italian Seasoning, and a touch of salt.
- 1 cup cooked beans with or without meat.
- ½ cup to 1 cup cooked quinoa, rice, or whole grain of your choice.
- ¼ cup plain yogurt.
- For fresh fruit or Fresh Fruit Dessert, see recipes: [Fruit Desserts](#)

Cuisines – Indian, Italian, Mexican

Our recipes are based on Indian, Italian, and Mexican cuisines, providing various tastes and textures for your enjoyment. All specified ingredients are readily available in conventional and ethnic food markets.

Cooking Oil

Our cooking oil preferences: Extra Virgin Olive Oil (EVOO); we recommend California EVOO. Or avocado oil or canola oil (preferably expeller).

Note: For lower-fat cooking, reduce the oil to 1 tablespoon in the recipes below.

Cooking Sauces

We use Indian Curry, Italian Marinara, and Mexican Enchilada sauces in our recipes. A wide variety of sauces are available; always look for low-sodium and low added sugar sauces; glass containers are preferred.

Cooking Prep

It is essential to have all recipe ingredients measured and ready before plugging in the Instant Pot. Avoid searching, washing, slicing, and measuring the ingredients after plugging in the pot.

Cost & Nutrition Per Serving

On average, one cup of cooked beans costs around \$1.25 and provides 12g of protein and 11g of fiber. One cup of cooked beans & meat costs around \$1.55 and includes 18g protein and 11g fiber.

Brand Names

When specific brands of ingredients are mentioned in the recipes, it is not an endorsement; we did not receive any financial or other benefits from the company. Feel free to replace the ingredient with a similar ingredient of your choice.

Important Cooking Steps

- Start: When you plug in the pot, the dial will display "OFF."
- Sauté: Press the Sauté button. For this model, the dial will momentarily display 05 and then the "On." Now you can Sauté the ingredients.

- Pressure Cook: When sautéing is finished, add all the recipe ingredients to the pot and press the "Pressure Cook" button; usually the timer is automatically set to 30 minutes. The cook time will start after the Instant Pot comes to full pressure and the float valve locks in the up position; this can take between 5 to 10 minutes.



Italian Beans



Mexican Beans



Indian Beans, Grilled Chicken, Plain Yogurt

"Red Beans And Ricely Yours."

Louis Armstrong

Indian Recipes

Each recipe makes about five cups of cooked beans, 3 to 4 servings. If you would like a spicier dish, add ¼ to ½ teaspoon of cayenne to the recipes below.

1. Kidney Beans Indian

Wash hands thoroughly.

Have Ready

1 cup kidney beans, presoaked,
drained, rinsed
2 tablespoons cooking oil
1 cup onion, minced
1 tablespoon garlic minced or 2
teaspoons garlic powder
1 teaspoon curry powder
1 teaspoon turmeric powder
¾ teaspoon salt

½ teaspoon black pepper, ground
½ teaspoon cumin seed or powder
½ teaspoon cinnamon powder
1 cup tomatoes, minced
½ cup Patak's Korma Curry Simmer
Sauce
2 cups water or broth (low salt or no
salt)

1. Make sure the inner pot is placed within the Instant Pot. Plug in the Instant Pot.
2. Press the Sauté mode, and wait for the dial to display ON (this may differ for different models).
3. Add oil and onions. Using a long wooden spoon, stir and sauté for 3 minutes.
4. Add garlic, curry powder, turmeric, salt, black pepper, cumin, and cinnamon. Stir and cook for 2 minutes.
5. Add beans, tomatoes, Korma Curry, water or broth, and stir well.
6. Place the lid on the Instant Pot and turn it clockwise until it locks. Make sure the pressure release button is in the sealed position.
7. Press the Cancel button to switch off the Sauté setting.
8. Press Pressure Cooker mode; this sets the timer to 30 minutes. Let it cook (do not open the pot during this time).
9. When the Instant Pot beeps (the timer goes to 00), press the Cancel button, and the dial will display OFF. Let the pressure release naturally; this can take 15 to 20 minutes, or you can use the quick release (manual) method. Wait for the pressure valve to fall.
10. Turn the lid to open, lift the lid away from yourself, and set it aside.
11. Using heat-proof kitchen gloves, remove the inner pan from Instant Pot and transfer the beans to a serving bowl.
12. Unplug the pot, let it cool, and clean it using the appropriate instructions in the manufacturer's user manual.

2. Kidney Beans & Meat Indian

Wash hands thoroughly. When prepping the ingredients, handle the meat the last (place it in a bowl), *and* wash your hands thoroughly.

Have Ready

1 cup adzuki beans, presoaked, drained, rinsed	$\frac{3}{4}$ teaspoon salt
4 to 6 oz meat (beef, chicken, lamb, pork, or turkey)	$\frac{1}{2}$ teaspoon black pepper, ground
2 tablespoons cooking oil	$\frac{1}{2}$ teaspoon cumin seed or powder
1 cup onion, minced	$\frac{1}{2}$ teaspoon cinnamon powder
1 tablespoon garlic minced or 2 teaspoons garlic powder	1 cup tomatoes, minced
1 teaspoon curry powder	$\frac{1}{2}$ cup Patak's Korma Curry Simmer Sauce
1 teaspoon turmeric powder	2 cups water or broth (low salt or no salt)

1. Make sure the inner pot is placed within the Instant Pot. Plug in the Instant Pot.
2. Press the Sauté mode, and wait for the dial to display ON (this may differ for different models). This sets up the timer for 5 minutes.
3. Add oil and onions. Using a long wooden spoon, stir and sauté for 3 minutes.
4. Add garlic, curry powder, turmeric, salt, black pepper, cumin, and cinnamon. Stir and cook for 2 minutes.
5. Add beans, meat, tomatoes, Korma Curry, water or broth; stir well.
6. Place the lid on the Instant Pot and turn it clockwise until it locks. Make sure the pressure release button is in the sealed position.
7. Press the Cancel button to switch off the Sauté setting.
8. Press Pressure Cooker mode; this sets the timer to 30 minutes. Let it cook (do not open the pot during this time).
9. When the Instant Pot beeps (the timer goes to 00), press the Cancel button, and the dial will display OFF. Let the pressure release naturally; this can take 15 to 20 minutes, or you can use the quick release (manual) method. Wait for the pressure valve to fall.
10. Turn the lid to open, lift the lid away from yourself, and set it aside.
11. Using heat-proof kitchen gloves, remove the inner pan from Instant Pot and transfer the beans to a serving bowl.
12. Unplug the pot, let it cool, and clean it using the appropriate instructions in the manufacturer's user manual.

3. Pinto Beans Indian

Wash hands thoroughly.

Have Ready

1 cup pinto beans, presoaked, drained,
rinsed
2 tablespoons cooking oil
1 cup onion, minced
1 tablespoon garlic minced or 2
teaspoons garlic powder
1 teaspoon curry powder
1 teaspoon turmeric powder
 $\frac{3}{4}$ teaspoon salt

$\frac{1}{2}$ teaspoon black pepper, ground
 $\frac{1}{2}$ teaspoon cumin seed or powder
 $\frac{1}{2}$ teaspoon cinnamon powder
1 cup tomatoes, minced
 $\frac{1}{2}$ cup Patak's Korma Curry Simmer
Sauce
2 cups water or broth (low salt or no
salt)

1. Make sure the inner pot is placed within the Instant Pot. Plug in the Instant Pot.
2. Press the Sauté mode, and wait for the dial to display ON (this may differ for different models). This sets up the timer for 5 minutes.
3. Add oil and onions. Using a long wooden spoon, stir and sauté for 3 minutes.
4. Add garlic, curry powder, turmeric, salt, black pepper, cumin, and cinnamon. Stir and cook for 2 minutes.
5. Add beans, tomatoes, Korma Curry, water or broth, and stir well.
6. Place the lid on the Instant Pot and turn it clockwise until it locks. Make sure the pressure release button is in the sealed position.
7. Press the Cancel button to switch off the Sauté setting.
8. Press Pressure Cooker mode; this sets the timer to 30 minutes. Let it cook (do not open the pot during this time).
9. When the Instant Pot beeps (the timer goes to 00), press the Cancel button, and the dial will display OFF. Let the pressure release naturally; this can take 15 to 20 minutes, or you can use the quick release (manual) method. Wait for the pressure valve to fall.
10. Turn the lid to open, lift the lid away from yourself, and set it aside.
11. Using heat-proof kitchen gloves, remove the inner pan from Instant Pot and transfer the beans to a serving bowl.
12. Unplug the pot, let it cool, and clean it using the appropriate instructions in the manufacturer's user manual.

4. Pinto Beans & Meat Indian

Wash hands thoroughly. When prepping the ingredients, handle the meat the last (place it in a bowl), *and* wash your hands thoroughly.

Have Ready

1 cup pinto beans, presoaked, drained, rinsed	$\frac{3}{4}$ teaspoon salt
4 to 6 oz meat (beef, chicken, lamb, pork, or turkey)	$\frac{1}{2}$ teaspoon black pepper, ground
2 tablespoons cooking oil	$\frac{1}{2}$ teaspoon cumin seed or powder
1 cup onion, minced	$\frac{1}{2}$ teaspoon cinnamon powder
1 tablespoon garlic minced or 2 teaspoons garlic powder	1 cup tomatoes, minced
1 teaspoon curry powder	$\frac{1}{2}$ cup Patak's Korma Curry Simmer Sauce
1 teaspoon turmeric powder	2 cups water or broth (low salt or no salt)

1. Make sure the inner pot is placed within the Instant Pot. Plug in the Instant Pot.
2. Press the Sauté mode, and wait for the dial to display ON (this may differ for different models). This sets up the timer for 5 minutes.
3. Add oil and onions. Using a long wooden spoon, stir and sauté for 3 minutes.
4. Add garlic, curry powder, turmeric, salt, black pepper, cumin, and cinnamon. Stir and cook for 2 minutes.
5. Add beans, meat, tomatoes, Korma Curry, water or broth; stir well.
6. Place the lid on the Instant Pot and turn it clockwise until it locks. Make sure the pressure release button is in the sealed position.
7. Press the Cancel button to switch off the Sauté setting.
8. Press Pressure Cooker mode; this sets the timer to 30 minutes. Let it cook (do not open the pot during this time).
9. When the Instant Pot beeps (the timer goes to 00), press the Cancel button, and the dial will display OFF. Let the pressure release naturally; this can take 15 to 20 minutes, or you can use the quick release (manual) method. Wait for the pressure valve to fall.
10. Turn the lid to open, lift the lid away from yourself, and set it aside.
11. Using heat-proof kitchen gloves, remove the inner pan from Instant Pot and transfer the beans to a serving bowl.
12. Unplug the pot, let it cool, and clean it using the appropriate instructions in the manufacturer's user manual.

Italian Recipes

Each recipe makes about five cups of cooked beans, 3 to 4 servings. If you would like a spicier dish, add ¼ to ½ teaspoon of cayenne to the recipes below.

1. Black Beans Italian

Wash hands thoroughly.

Have Ready

1 cup black beans, presoaked, drained, rinsed	1 tablespoon Italian Seasoning
2 tablespoons cooking oil	¾ teaspoon salt
1 cup onion, minced	½ teaspoon cinnamon powder
1 tablespoon garlic minced or 2 teaspoons garlic powder	½ cup tomatoes, minced
	1 cup Marinara sauce
	2 cups water or broth (low salt or no salt)

1. Make sure the inner pot is placed within the Instant Pot. Plug in the Instant Pot.
2. Press the Sauté mode, and wait for the dial to display ON (this may differ for different models). This sets up the timer for 5 minutes.
3. Add oil and onions. Using a long wooden spoon, stir and sauté for 3 minutes.
4. Add garlic, Italian Seasoning, salt, and cinnamon. Stir and cook for 2 minutes.
5. Add beans, tomatoes, Marinara sauce, water or broth, and stir well.
6. Place the lid on the Instant Pot and turn it clockwise until it locks. Make sure the pressure release button is in the sealed position.
7. Press the Cancel button to switch off the Sauté setting.
8. Press Pressure Cooker mode; this sets the timer to 30 minutes. Let it cook (do not open the pot during this time).
9. When the Instant Pot beeps (the timer goes to 00), press the Cancel button, and the dial will display OFF. Let the pressure release naturally; this can take 15 to 20 minutes, or you can use the quick release (manual) method. Wait for the pressure valve to fall.
10. Turn the lid to open, lift the lid away from yourself, and set it aside.
11. Using heat-proof kitchen gloves, remove the inner pan from Instant Pot and transfer the beans to a serving bowl.
12. Unplug the pot, let it cool, and clean it using the appropriate instructions in the manufacturer's user manual.

2. Black Beans & Meat Italian

Wash hands thoroughly. When prepping the ingredients, handle the meat the last (place it in a bowl), *and* wash your hands thoroughly.

Have Ready

1 cup black beans, presoaked, drained,
rinsed
4 to 6 oz meat (beef, chicken, lamb,
pork, or turkey)
2 tablespoons cooking oil
1 cup onion, minced
1 tablespoon garlic minced or 2
teaspoons garlic powder

1 tablespoon Italian Seasoning
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{2}$ teaspoon cinnamon powder
 $\frac{1}{2}$ cup tomatoes, minced
1 cup Marinara sauce
2 cups water or broth (low salt or no
salt)

1. Make sure the inner pot is placed within the Instant Pot. Plug in the Instant Pot.
2. Press the Sauté mode, and wait for the dial to display ON (this may differ for different models). This sets up the timer for 5 minutes.
3. Add oil and onions. Using a long wooden spoon, stir and sauté for 3 minutes.
4. Add garlic, chili powder, salt, and cinnamon. Stir and cook for 2 minutes.
5. Add beans, meat, tomatoes, Marinara sauce, water or broth, and stir well.
6. Place the lid on the Instant Pot and turn it clockwise until it locks. Make sure the pressure release button is in the sealed position.
7. Press the Cancel button to switch off the Sauté setting.
8. Press Pressure Cooker mode; this sets the timer to 30 minutes. Let it cook (do not open the pot during this time).
9. When the Instant Pot beeps (the timer goes to 00), press the Cancel button, and the dial will display OFF. Let the pressure release naturally; this can take 15 to 20 minutes, or you can use the quick release (manual) method. Wait for the pressure valve to fall.
10. Turn the lid to open, lift the lid away from yourself, and set it aside.
11. Using heat-proof kitchen gloves, remove the inner pan from Instant Pot and transfer the beans to a serving bowl.
12. Unplug the pot, let it cool, and clean it using the appropriate instructions in the manufacturer's user manual.

3. Pinto Beans Italian

Wash hands thoroughly.

Have Ready

1 cup pinto beans, presoaked, drained, rinsed	$\frac{3}{4}$ teaspoon salt
2 tablespoons cooking oil	$\frac{1}{2}$ teaspoon cinnamon powder
1 cup onion, minced	$\frac{1}{2}$ cup tomatoes, minced
1 tablespoon garlic minced or 2 teaspoons garlic powder	1 cup Marinara sauce
1 tablespoon Italian Seasoning	2 cups water or broth (low salt or no salt)

1. Make sure the inner pot is placed within the Instant Pot. Plug in the Instant Pot.
2. Press the Sauté mode, and wait for the dial to display ON (this may differ for different models). This sets up the timer for 5 minutes.
3. Add oil and onions. Using a long wooden spoon, stir and sauté for 3 minutes.
4. Add garlic, chili powder, salt, and cinnamon. Stir and cook for 2 minutes.
5. Add beans, tomatoes, Marinara sauce, water or broth, and stir well.
6. Place the lid on the Instant Pot and turn it clockwise until it locks. Make sure the pressure release button is in the sealed position.
7. Press the Cancel button to switch off the Sauté setting.
8. Press Pressure Cooker mode; this sets the timer to 30 minutes. Let it cook (do not open the pot during this time).
9. When the Instant Pot beeps (the timer goes to 00), press the Cancel button, and the dial will display OFF. Let the pressure release naturally; this can take 15 to 20 minutes, or you can use the quick release (manual) method. Wait for the pressure valve to fall.
10. Turn the lid to open, lift the lid away from yourself, and set it aside.
11. Using heat-proof kitchen gloves, remove the inner pan from Instant Pot and transfer the beans to a serving bowl.
12. Unplug the pot, let it cool, and clean it using the appropriate instructions in the manufacturer's user manual.

4. Pinto Beans & Meat Italian

Wash hands thoroughly. When prepping the ingredients, handle the meat the last (place it in a bowl), *and* wash your hands thoroughly.

Have Ready

1 cup pinto beans, presoaked, drained,
rinsed
4 to 6 oz meat (beef, chicken, lamb,
pork, or turkey)
2 tablespoons cooking oil
1 cup onion, minced
1 tablespoon garlic minced or 2
teaspoons garlic powder

1 tablespoon Italian Seasoning
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{2}$ teaspoon cinnamon powder
 $\frac{1}{2}$ cup tomatoes, minced
1 cup Marinara sauce
2 cups water or broth (low salt or no
salt)

1. Make sure the inner pot is placed within the Instant Pot. Plug in the Instant Pot.
2. Press the Sauté mode, and wait for the dial to display ON (this may differ for different models). This sets up the timer for 5 minutes.
3. Add oil and onions. Using a long wooden spoon, stir and sauté for 3 minutes.
4. Add garlic, Italian Seasoning, salt, and cinnamon. Stir and cook for 2 minutes.
5. Add beans, meat, tomatoes, Marinara sauce, water or broth, and stir well.
6. Place the lid on the Instant Pot and turn it clockwise until it locks. Make sure the pressure release button is in the sealed position.
7. Press the Cancel button to switch off the Sauté setting.
8. Press Pressure Cooker mode; this sets the timer to 30 minutes. Let it cook (do not open the pot during this time).
9. When the Instant Pot beeps (the timer goes to 00), press the Cancel button, and the dial will display OFF. Let the pressure release naturally; this can take 15 to 20 minutes, or you can use the quick release (manual) method. Wait for the pressure valve to fall.
10. Turn the lid to open, lift the lid away from yourself, and set it aside.
11. Using heat-proof kitchen gloves, remove the inner pan from Instant Pot and transfer the beans to a serving bowl.
12. Unplug the pot, let it cool, and clean it using the appropriate instructions in the manufacturer's user manual.

Mexican Recipes

Each recipe makes about five cups of cooked beans, 3 to 4 servings. If you would like a spicier dish, add ¼ to ½ teaspoon of cayenne to the recipes below.

1. Black Beans Mexican

Wash hands thoroughly.

Have Ready

1 cup black beans, presoaked, drained,
rinsed
2 tablespoons cooking oil
1 cup onion, minced
1 tablespoon garlic minced or 2
teaspoons garlic powder
2 teaspoons chili powder

¾ teaspoon salt
½ teaspoon cumin seed or powder
½ teaspoon cinnamon powder
½ cup tomatoes, minced
1 cup enchilada sauce
2 cups water or broth (low salt or no
salt)

1. Make sure the inner pot is placed within the Instant Pot. Plug in the Instant Pot.
2. Press the Sauté mode, and wait for the dial to display ON (this may differ for different models). This sets up the timer for 5 minutes.
3. Add oil and onions. Using a long wooden spoon, stir and sauté for 3 minutes.
4. Add garlic, chili powder, salt, cumin, and cinnamon. Stir and cook for 2 minutes.
5. Add beans, tomatoes, enchilada sauce, water or broth, and stir well.
6. Place the lid on the Instant Pot and turn it clockwise until it locks. Make sure the pressure release button is in the sealed position.
7. Press the Cancel button to switch off the Sauté setting.
8. Press Pressure Cooker mode; this sets the timer to 30 minutes. Let it cook (do not open the pot during this time).
9. When the Instant Pot beeps (the timer goes to 00), press the Cancel button, and the dial will display OFF. Let the pressure release naturally; this can take 15 to 20 minutes, or you can use the quick release (manual) method. Wait for the pressure valve to fall.
10. Turn the lid to open, lift the lid away from yourself, and set it aside.
11. Using heat-proof kitchen gloves, remove the inner pan from Instant Pot and transfer the beans to a serving bowl.
12. Unplug the pot, let it cool, and clean it using the appropriate instructions in the manufacturer's user manual.

2. Black Beans & Meat Mexican

Wash hands thoroughly. When prepping the ingredients, handle the meat the last (place it in a bowl), *and* wash your hands thoroughly.

Have Ready

1 cup black beans, presoaked, drained, rinsed
4 to 6 oz meat (beef, chicken, lamb, pork, or turkey)
2 tablespoons cooking oil
1 cup onion, minced
1 tablespoon garlic minced or 2 teaspoons garlic powder

2 teaspoons chili powder
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{2}$ teaspoon cumin seed or powder
 $\frac{1}{2}$ teaspoon cinnamon powder
 $\frac{1}{2}$ cup tomatoes, minced
1 cup enchilada sauce
2 cups water or broth (low salt or no salt)

1. Make sure the inner pot is placed within the Instant Pot. Plug in the Instant Pot.
2. Press the Sauté mode, and wait for the dial to display ON (this may differ for different models). This sets up the timer for 5 minutes.
3. Add oil and onions. Using a long wooden spoon, stir and sauté for 3 minutes.
4. Add garlic, chili powder, salt, cumin, and cinnamon. Stir and cook for 2 minutes.
5. Add beans, meat, tomatoes, enchilada sauce, water or broth, and stir well.
6. Place the lid on the Instant Pot and turn it clockwise until it locks. Make sure the pressure release button is in the sealed position.
7. Press the Cancel button to switch off the Sauté setting.
8. Press Pressure Cooker mode; this sets the timer to 30 minutes. Let it cook (do not open the pot during this time).
9. When the Instant Pot beeps (the timer goes to 00), press the Cancel button, and the dial will display OFF. Let the pressure release naturally; this can take 15 to 20 minutes, or you can use the quick release (manual) method. Wait for the pressure valve to fall.
10. Turn the lid to open, lift the lid away from yourself, and set it aside.
11. Using heat-proof kitchen gloves, remove the inner pan from Instant Pot and transfer the beans to a serving bowl.
12. Unplug the pot, let it cool, and clean it using the appropriate instructions in the manufacturer's user manual.

3. Pinto Beans Mexican

Wash hands thoroughly.

Have Ready

1 cup pinto beans, presoaked, drained, rinsed	$\frac{3}{4}$ teaspoon salt
2 tablespoons cooking oil	$\frac{1}{2}$ teaspoon cumin seed or powder
1 cup onion, minced	$\frac{1}{2}$ teaspoon cinnamon powder
1 tablespoon garlic minced or 2 teaspoons garlic powder	$\frac{1}{2}$ cup tomatoes, minced
2 teaspoons chili powder	1 cup enchilada sauce
	2 cups water or broth (low salt or no salt)

1. Make sure the inner pot is placed within the Instant Pot. Plug in the Instant Pot.
2. Press the Sauté mode, and wait for the dial to display ON (this may differ for different models). This sets up the timer for 5 minutes.
3. Add oil and onions. Using a long wooden spoon, stir and sauté for 3 minutes.
4. Add garlic, chili powder, salt, cumin, and cinnamon. Stir and cook for 2 minutes.
5. Add beans, tomatoes, enchilada sauce, water or broth, and stir well.
6. Place the lid on the Instant Pot and turn it clockwise until it locks. Make sure the pressure release button is in the sealed position.
7. Press the Cancel button to switch off the Sauté setting.
8. Press Pressure Cooker mode; this sets the timer to 30 minutes. Let it cook (do not open the pot during this time).
9. When the Instant Pot beeps (the timer goes to 00), press the Cancel button, and the dial will display OFF. Let the pressure release naturally; this can take 15 to 20 minutes, or you can use the quick release (manual) method. Wait for the pressure valve to fall.
10. Turn the lid to open, lift the lid away from yourself, and set it aside.
11. Using heat-proof kitchen gloves, remove the inner pan from Instant Pot and transfer the beans to a serving bowl.
12. Unplug the pot, let it cool, and clean it using the appropriate instructions in the manufacturer's user manual.

4. Pinto Beans & Meat Mexican

Wash hands thoroughly. When prepping the ingredients, handle the meat the last (place it in a bowl), *and* wash your hands thoroughly.

Have Ready

1 cup pinto beans, presoaked, drained, rinsed
4 to 6 oz meat (beef, chicken, lamb, pork, or turkey)
2 tablespoons cooking oil
1 cup onion, minced
1 tablespoon garlic minced or 2 teaspoons garlic powder

2 teaspoons chili powder
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{2}$ teaspoon cumin seed or powder
 $\frac{1}{2}$ teaspoon cinnamon powder
 $\frac{1}{2}$ cup tomatoes, minced
1 cup enchilada sauce
2 cups water or broth (low salt or no salt)

1. Make sure the inner pot is placed within the Instant Pot. Plug in the Instant Pot.
2. Press the Sauté mode, and wait for the dial to display ON (this may differ for different models). This sets up the timer for 5 minutes.
3. Add oil and onions. Using a long wooden spoon, stir and sauté for 3 minutes.
4. Add garlic, chili powder, salt, cumin, and cinnamon. Stir and cook for 2 minutes.
5. Add beans, meat, tomatoes, enchilada sauce, water or broth, and stir well.
6. Place the lid on the Instant Pot and turn it clockwise until it locks. Make sure the pressure release button is in the sealed position.
7. Press the Cancel button to switch off the Sauté setting.
8. Press Pressure Cooker mode; this sets the timer to 30 minutes. Let it cook (do not open the pot during this time).
9. When the Instant Pot beeps (the timer goes to 00), press the Cancel button, and the dial will display OFF. Let the pressure release naturally; this can take 15 to 20 minutes, or you can use the quick release (manual) method. Wait for the pressure valve to fall.
10. Turn the lid to open, lift the lid away from yourself, and set it aside.
11. Using heat-proof kitchen gloves, remove the inner pan from Instant Pot and transfer the beans to a serving bowl.
12. Unplug the pot, let it cool, and clean it using the appropriate instructions in the manufacturer's user manual.

Bone Broth

Store leftover uncooked or cooked beef, chicken, lamb bones and meat, and any vegetable trimmings – carrots, celery, mushrooms, onions – in the freezer. Once you have about 2 to 3 pounds of these ingredients, you can make the broth. In total, you need the following:

2 pounds beef, chicken, or lamb bones; or a combination

2 carrots, peeled and chopped

2 celery stalks, chopped

4 mushrooms

1 medium onion, peeled and chopped

1 tomato, halved

4 garlic cloves, peeled

Spices: 2 cinnamon sticks, 2 bay leaves, 1 teaspoon whole black peppercorns,

1 teaspoon fennel seed, 1 tablespoon apple cider vinegar.

1. Make sure the inner pot is placed within the Instant Pot. Plug in the Instant Pot.
2. Place all of the ingredients in the inner pot.
3. Add water to the pot. Don't fill the pot more than two-thirds full; it is okay if the ingredients are not fully covered.
4. Place the lid on the Instant Pot and turn it clockwise until it locks. Make sure the pressure release button is in the sealed position.
5. Press Pressure Cooker mode; set the timer to 2 hours. Let it cook (do not open the pot during this time).
6. When the Instant Pot beeps (the timer goes to 00), press the Cancel button, and the dial will display OFF. Let the pressure release naturally; this can take 15 to 20 minutes, or you can use the quick release (manual) method. Wait for the pressure valve to fall.
7. Turn the lid to open, lift the lid away from yourself, and set it aside.
8. Place a mesh strainer over a large bowl. Using heat-proof kitchen gloves, remove the inner pan from Instant Pot and gently pour broth over the strainer. Discard bones, veggies, and spices.
9. Let the stock cool to room temperature. Cover the bowl with plastic wrap and store it in the fridge overnight.
10. Unplug the pot, let it cool, and clean it using the appropriate instructions in the manufacturer's user manual.
11. The next day, skim and discard any fat gelled on the top of the broth (don't discard the fat in the sink drain). Broth can be stored in jars in the fridge for a week and in the freezer for three months.

We would appreciate learning about your experience with Kapur Cuisine. Your comments and suggestions are most welcome. Please write to:

gkapur@familygs.org

Thank You