

## Pressure Cooker-Black Beans



- 2 cups black beans (soaked for at least 8 hours)
- 2 tablespoons olive oil
- 1 white onion diced small ( I use the alligator cutter)
- 2 garlic cloves, minced
- 1/2 teaspoon cumin
- 1 teaspoon salt
- 1/2 teaspoon fresh ground black pepper
- 1 1/2 cups tomato juice
- 1 1/2 cups water

In the bottom of the 6 quart B/R/K Pressure cooker place oil, onions and garlic. Sauté about 2 minutes until onion is translucent and aromatic. Add beans and seasonings. Pour liquids in and stir. Place lid on number 2 and bring to pressure for 20 minutes. Release naturally.

Tip: you can add 1/2 cup of your favorite salsa to this recipe when it is cooking

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