

Beef & Beans

INGREDIENTS

- 1 tbsp olive oil
- 1 onion chopped
- 1 can chopped green chilies
- 1 ¼ tsp garlic powder
- 1 tsp chili powder
- 1-2 bay leaves
- ½ tsp ground cumin
- ½ tsp ground coriander
- ½ tsp paprika
- ⅛ tsp cayenne
- 1 ¼ tsp salt
- ¼ tsp black pepper
- 4 cups beef broth
- 1 ½ cups water
- 1-2 beef shanks
- 1 lb pinto beans rinsed, sorted, and picked through
- 1 bottle BBQ sauce of choice OPTIONAL

INSTRUCTIONS

1. Turn the pressure cooker to saute/sear and add olive oil. When the oil shimmers, add the onions and saute until soft.
2. Add green chilies and spices and saute just 30-60 seconds.
3. Add broth, water, beans, and beef shanks.
4. Place the lid on the pot and seal. Set to 50-60 minutes on high pressure.
5. When time is up, allow for natural pressure release of at least 20 minutes.
6. Release remaining pressure, fish out the bones & bay leaves, and if you are adding BBQ sauce to the pot, do that now. Residual heat will warm the sauce.