



From Our Kitchens

Instant Pot Red Beans and Rice

Ingredients

- 1 tablespoon olive oil
- 1 (13-ounce) package turkey smoked sausage, thinly sliced
- 4 cloves garlic, minced
- 1 cup frozen mirepoix blend
- 1 pound dry red beans
- 1 1/2 teaspoons Cajun seasoning
- 1 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/4 teaspoon dried sage
- 2 sprigs fresh thyme
- 2 bay leaves
- 4 cup low sodium vegetable broth
- 1 1/2 cups white long grain rice, prepared according to package instructions

Instructions

1. Set a 6-qt Instant Pot® to the high sauté setting. Add olive oil and sausage. Cook, stirring frequently, until sausage is lightly browned, about 3-4 minutes. Transfer to a paper towel-lined plate; set aside.
2. Add garlic and mirepoix. Cook, stirring occasionally, until tender, about 2-3 minutes.
3. Stir in sausage, red beans, Cajun seasoning, oregano, basil, sage, thyme, bay leaves and vegetable broth; season with salt and pepper, to taste.
4. Select manual setting; adjust pressure to high, and set time for 30-35 minutes. When finished cooking, release pressure naturally according to manufacturer's directions, about 20-30 minutes.
5. Serve immediately with rice.

Adapted from Damn Delicious