



Louisiana Red Beans in an Electric Pressure Cooker

Made available by: Quincy L. Cheek, M. Ed

2 Tablespoons canola oil
¼ cup diced celery
½ cup diced onion
¼ cup diced green bell pepper
3 cloves garlic, minced
½ teaspoon salt
½ teaspoon pepper
1 Tablespoon creole seasoning
½ teaspoon dried thyme
1 pound of turkey sausage, sliced
2 bay leaves
1 pound of dried red beans
1 smoked ham hock
5 cups chicken stock
Green onions, for garnish

1. In canola oil, brown celery, onion, and bell pepper for about 8 minutes. Add salt, pepper and creole seasoning to mixture and stir to combine.
2. Stir in garlic, thyme and sausage. Cook until sausage is browned, about 5 minutes.
3. Add red beans, and ham hock to the pot, followed by the chicken stock. Be sure to follow your pressure cooker's manufacturer's directions for limits on how much liquid can be added to the pressure cooker (observe "Max-Fill line"). The beans should be completely immersed in chicken stock.
4. Close lid – seal to pressurize.
5. Set the pressure cooker on the beans and lentil setting. When the timer goes off, turn the valve to "Vent" and let the pressure reduce. Remove lid and stir beans. Adjust seasonings as needed.
6. Serve with hot rice and garnish with green onion.