

# No-Soak Instant Pot Beans

## Ingredients

- 2 cups dried beans
- 6 cups water
- 1 teaspoon salt
- smoked ham hock or ham bone (optional)

## Instructions

1. Rinse the beans under cold water and pick out any stones or debris.
2. Add the beans, water, salt, and ham hock or bone to the Instant Pot.
3. Seal the lid and set the Instant Pot to cook on high pressure for 30 minutes.
4. Allow the pressure to release naturally for 20 minutes, then manually release any remaining pressure.
5. Remove the ham hock or bone and discard.
6. Drain the beans and use as desired, for example in red beans and rice.