

No-Soak Rice and Beans

Serves 4

What you'll need:

1/2 cup uncooked dried red kidney beans

1 cup uncooked brown rice

3 cups water

1 1/2 cups water

What to do:

Combine rice, beans and 3 cups of water in a metal bowl that will fit inside your pressure cooker, and cover the bowl with aluminum foil, crimping the edges tightly.

Place the bowl inside the pressure cooker on a rack, and add 1 1/2 cups of additional water to the cooker outside the bowl.

Put the pressure cooker lid on, close securely, and bring up to pressure.

Cook for 40 minutes.

Either allow the pressure to come down on its own, or relieve the pressure using the quick-release method (see your pressure cooker's manual).

Stir thoroughly and season to taste.