

# Pressure Cooker (Instant Pot) Pinto Beans

Yield: 4 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-pinto-beans-recipe-pressure-cooker>

## Ingredients:

- 2 tablespoons vegetable oil
- 16 ounces dried pinto beans washed and picked over
- 1 onion large, chopped
- 1 tablespoon minced garlic
- 2 chipotle peppers in adobo sauce chopped, + 1tsp sauce
- 1 tablespoon chili powder
- 1 tablespoon cumin
- 2 teaspoons salt
- 1 1/2 teaspoons garlic powder
- 4 cups vegetable broth
- 1 cup water
- 15 ounces diced tomatoes with green chilies
- 1 tablespoon white distilled vinegar

## Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 17 grams
3. Fat: 7 grams
4. Fiber: 2 grams
5. Protein: 4 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 2200 milligrams
8. Sugar: 7 grams

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