

# Instant Pot Frijoles Negro/IP Black Beans

Yield: 9 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-ip-recipe>

## Ingredients:

- 1 pound black beans
- 3 cups water
- 2 tablespoons sofrito
- 1 packet sazón optional
- 1 teaspoon sea salt
- 1/2 teaspoon bbq seasoning Jamaican Jerk, optional but seriously do it!
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon dried cilantro leaves
- 1/2 teaspoon white pepper

## Nutrition:

1. Calories: 50 calories
2. Carbohydrate: 9 grams
3. Fat: 0.5 grams
4. Fiber: 4 grams
5. Protein: 3 grams
6. Sodium: 490 milligrams

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