

Black Beans

1/2 cup black beans

1 cup water

1 tsp cajun seasoning

pressure cook 22 minutes (black beans soaked)

Black Beans, Spicy

1/2 cup black beans

1 cup water

1/4 cup jalapeño juice

1/4 cup jalapeños

1/8 cup lime juice

pressure cook 22 minutes (black beans soaked)

pressure cook 70 minutes (black beans dry)

Steel Cut Oats

1/4 cup oats

1 cup water

pressure cook 5 minutes

Lundberg Wild Blend Rice

1/4 cup rice

3/4 cup water

pressure cook 22 minutes

Sweet Potatoes

pressure cook 22 minutes

White/Red Potatoes

pressure cook 17 minutes

Butternut Squash

Jimmy Dean Sage Sausage in hollow

1 T brown sugar

pressure cook 22 minutes