

Frijoles de la olla

by Jonathan Dillanes

Frijoles de la Olla are a staple in every Mexican household. This dish is proof that beans are not a side, but can be the star of the show! It's also a great way to meal prep beans because you always have leftovers to incorporate into other dishes throughout the week. Choosing beans more often is an easy way to show a little extra love for animals.

Ingredients

- 1lb pinto beans
- 1/2 an onion
- 1 head of garlic
- 1 sprig epazote (or a li'l oregano)
- 1 serrano (cut in half)
- 1 tsp oregano
- Salt to taste

Instructions

1. Check your beans for split ones or rocks. Then give them a good rinse. Remove any floaters.
2. Add to your pressure cooker with onion, garlic, epazote, 8-10 cups water (10 if you want them more brothy), oregano, and Serrano. No salt yet!
3. Close it up and pressure cook on high for 45 mins, make sure to turn off but keep warm. Once it's done, it's super important to let it naturally release pressure.
4. Once the pressure gauge drops release the remaining pressure & open them up.
5. Remove your aromatics and season with salt to taste. I did about 2 tbsps.
6. Give them a good stir and let them sit for like 5-ish mins.
7. Now you have beans ready to go for the week! Enjoy, baby!