



This is a very simple recipe that both vegans and non-vegans enjoy. Soak the beans if you have time, but I usually use them dry. This meal is also great for anyone who is on a tight budget! My husband enjoys this dish with tortilla chips (recipe at the bottom).

### Red Beans & Rice in the Instant Pot

1 onion, finely chopped  
4-5 cloves of garlic, minced  
4 stalks of celery, chopped  
1 bell pepper, chopped  
6 cups low sodium vegetable broth  
2 tsp smoked paprika  
1 tsp thyme  
1 tsp oregano  
black pepper & cayenne pepper, to taste  
1 pound small red beans, rinsed  
Prepared brown rice

Set instant pot to “saute”. Saute vegetables until the onions are translucent. Add remaining ingredients except the rice.

Set Instant Pot to manual, for 35 minutes. Once done, allow the pot to naturally release.

Serve over rice and enjoy!

\* Tortilla Chips - Pre-heat the oven to 375. Cut oil-free corn or flour tortillas into triangles and place on a baking sheet. Spritz with [Liquid Aminos](#) and bake for about 10 minutes until browned and crispy.