



KitchenBooQ

Frugal -BBQ Beans Instant Pot (Freezer Friendly)



Serving: 4



Cook Time: 40 mins



Level: Easy



INGREDIENTS

- 1 lb. lean ground beef
- 2 Tbsp. olive oil
- 2 cans spicy red chili or kidney beans
- 1 onion, chopped
- 2 cloves garlic, diced or minced
- 1 cup BBQ sauce
- 1 cup ketchup
- 1/4 cup Worcestershire sauce
- 1 Tbsp. hot sauce (your favorite brand)

PREPARATION

1. Set your Instant Pot to the Sauté function. Add the olive oil and allow it to warm up.
2. Stir in the garlic and onions and cook 2-3 minutes or until garlic is fragrant.
3. Add the ground beef and cook until it is no longer pink, mixing with a wooden spoon.
4. Pour in the hot sauce, Worcestershire sauce, and ketchup.
5. Add BBQ sauce to the Instant Pot.
6. Next, add the beans and give everything a quick mix.
7. Close and lock the lid on the Instant Pot and ensure the vent is closed. Set Instant Pot to 10 minutes.
8. After the 10 minutes, allow the pressure to release naturally for another 10 minutes. Open the vent to release the remaining pressure.
9. Freezer Instructions:

PREPARATION (CONT.)

10. Follow the directions above. Allow the beans to cool slightly before putting them into a large resealable freezer bag or into a few medium-sized ones. If you prefer, you can use reuseable silicon bags
11. Remove the excess air, seal, and freeze.
12. Take the bag out of the freezer to thaw. Reheat in the microwave or in a pot on the stovetop.