



greystone  
CHIROPRACTIC

## INSTANT POT BAMA-STYLED BEANS

1 lb	Green beans, snapped
1 ½ - 2 cups	Water
1 Tablespoon	Better Than Bouillon (I use Ham, but you could use beef, chicken, or vegetable)
Optional	Chopped onion
	Bacon
	Smoked Turkey
	Ham Hock

### DIRECTIONS

1. **Pressure Cook the Beans:** Add water, beans, Better Than Bouillon and any optional ingredients into the instant pot. Press **Manual** and set the cooking time for 25 minutes.
2. **Quick Release Pressure:** When the beans are “done”, release the pressure “Quickly” (in other move the pressure valve to “Venting”. BE CAREFUL THE STEAM WILL BURN YOU. This is often referred to in recipes as QR). Open the lid carefully.
3. **Serve:** Serve or leave the beans in the instant pot and press **Cancel/Warm** to keep them warm.