

No-pressure Ham 'n Beans

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Servings: 8



It takes only 15 minutes to fix this pressure-cooker dish! Flavored with smoky ham and served with a spicy-tart relish, it's a delicious way to pack in more than half of your daily fiber requirement!

Ingredients

2 tablespoons olive oil, divided
2 large onion, chopped
3 celery ribs, chopped
3 cloves garlic, minced
 $\frac{3}{4}$ pound dried pinto beans, rinsed
1 large smoked ham hocks
1 bay leaf
 $\frac{3}{4}$ teaspoon pepper, divided
1 pint cherry tomatoes, diced
1 small red onion, diced
3 tablespoons jalapeno peppers - pickled and drained, diced
2 teaspoons cider vinegar
cornbread

Cooking Method

In uncovered pressure cooker heat 1 Tbs. oil over medium-high heat.

1. Add onion, celery and garlic; cook until vegetables soften, 6-8 minutes.
2. Add 6 cups water, beans, ham hock, bay leaf and 1/2 tsp. pepper.
3. Bring to a boil, skimming off foam.
4. Cover with pressure cooker lid.
5. Over high heat bring cooker to pressure according to manufacturer's directions.
6. Reduce heat to medium; cook, maintaining pressure, 1 hour, 15 minutes.
7. Remove from heat; release pressure according to directions.

For relish...

1. In bowl combine tomatoes, onion, jalapeno, vinegar and remaining oil and pepper.
2. Remove meat from ham hock, discarding bone and skin; return meat to beans.
3. Top each serving with relish.

Serve with cornbread.