



Recipes by Peter

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Ninja Foodi XL Cowboy Beans | Slow-Cooked Flavor in Half the Time

Ingredients

- 4 strips of thick cut bacon diced
- 2 tablespoons of butter or cooking oil
- 1-pound lean ground beef – I used 88/12
- 1 onion diced (approximately 1 cup) or ½ cup dried onion
- 1 green bell pepper diced (approximately 1 cup)
- 1 cup vegetable stock or water
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon smoked paprika
- ½ teaspoon red chili or cayenne pepper
- 1 tablespoon Worcestershire sauce
- 1 tablespoon stoneground mustard (or any mustard you have)
- 1 cup barbecue sauce

If Using Canned Beans -

- 1 can pinto beans or red beans, 14-15 oz.
- 1 can black beans , 14-15 oz.
- 1 can kidney beans, 14.5 oz.
- 1 can baked beans (I used Bush's Original) 14-15 oz.

If Using Dried Beans

- ¾ Cup pinto beans
- ¾ Cup red beans
- ¾ Cup black beans
- 1 can baked beans (I used Bush's Original) 14-15 oz.

Instructions

1. Press the Sauté function on the Ninja Foodi XL (or Instant Pot, or other pressure cooker). Let this preheat for 4-5 minutes. Add the butter and bacon. Cook for 3-4 minutes, stirring a few times until browned and crispy. Remove the cooked bacon and set it aside in a bowl.
2. Add the onions, chopped bell peppers and ground beef to the pot. Cook for 4-5 minutes to brown the meat.
3. Add the water and stir the bottom of the cooking pot with a spatula or spoon, scraping up the bottom to remove any stuck bits. This is important because if you do not you may get the burn signal and have to start over.
4. Add the remaining ingredients except for the barbecue sauce. Add half of the cooked bacon back to the pot and reserve the rest. Stir through and then spread the BBQ sauce over the top but don't mix through.
5. Secure and lock the lid. Set to Pressure Cook on high for **15 minutes if using pre-soaked beans, or 6 minutes if using canned beans**. The Ninja Foodi XL (or Instant Pot, or other pressure cooker) will take a few minutes to come to pressure. Once the pressure-cooking time has been completed let the Ninja Foodi XL (or Instant Pot, or other pressure cooker) stand under pressure for about 10 minutes and then use the quick release method to let off the remaining pressure. **Note:** Your pressure cooker cooking time may be different than mine, especially if you use pre-soaked beans and not canned beans. Adjust accordingly.
6. Be very careful when opening the lid as very hot steam will rush out. Open the lid and stir the beans. Use the sauté mode again and cook the beans for 5-6 minutes to reduce the sauce by about a third.
7. Top with the reserved cooked bacon and serve with a side of grated cheese, sour cream, chopped green onions, whatever you like.

Preparing Dried Beans – Quick Method

To have the same quantity of beans you would have in a can of beans, use about $\frac{3}{4}$ cup of dried beans.

If you need 3 cans of beans for a recipe, you will need 2 $\frac{1}{4}$ cups of dried beans.

Put the beans in a pot and place enough water to cover the beans by about 2 inches. Bring the pot of beans to a boil for two minutes. Turn the pan off. Place the lid on the pan and let the beans sit for 2 hours.

Rinse the beans well.

Send me a message and let me know what you think. Is this one of the best chicken sandwiches you have ever eaten? It was for me!

Have any questions? Email me at peter@cookingwithpeterok@gmail.com