Vegan French Bean Cassoulet

Cooking Instructions

This is an all-in-one dish.

We use dry beans in this dish and pre-soak them for 24 hours before freezing.

Cooking Method – Choose One:

- **Freezer to Instant Pot:** Run water around the outside of the lidded plastic container for a few seconds to loosen the entrée. Add 1 cup water to the bottom of the Instant Pot. Pour frozen entrée out of container and place “beans up” in Instant Pot. Lock lid into place, making sure valve is in the Sealing position. Pressure cook on high for 22 min, then quick release carefully – the steam will burn. Cover the valve with a kitchen towel and carefully release the steam in small increments. Once pressure is released, open lid and stir to mix everything together before serving.
- **Thawed to Slow Cooker:** Thaw completely. Add 3/4 cup water to slow cooker along with the cassoulet and cook on high for approx 3 hours until beans are tender. Check for tenderness at the 2-hour mark. Stir to mix everything together before serving.

Pro Tip: Occasionally the pressure valve on an Instant Pot will not pop up, but the timer will start. If the valve has not popped up, the Instant Pot has not reached pressure and the dish will not cook properly. If this happens, press Cancel and carefully open the Instant Pot. Stir the dish, scraping up any bits from the bottom of the inner pot, and then restart the cooking process.

Internal Temperature: 165F.

Serving Suggestions: Serve with a fresh field green salad and balsamic vinaigrette. Chianti.

Please Note: Cooking times are estimates and vary based on your actual oven, stovetop, or slow cooker, as well as item thickness and starting temperature. For best results, always verify the internal temperature of your meals. We recommend instant-read pocket thermometers – they are inexpensive, convenient, and very easy to use.

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