



Pressure-cooker giant beans - Gigantes

15'
Hands on

45'
Cook Time

6-8
Portion(s)

1
Difficulty



Ingredients

- 500 g giant beans
- 2 carrots
- 3 stick(s) celery
- 1 onion
- 2 clove(s) of garlic
- 2 tablespoon(s) olive oil
- 1 teaspoon(s) granulated sugar
- 1/2 bunch celery leaves
- 1 tablespoon(s) tomato paste
- 50 g white wine
- 1 vegetable bouillon cube
- 2 bay leaves
- 400 g canned tomatoes
- 700 g water
- salt
- pepper

To serve

- 1 teaspoon(s) olive oil
- pepper
- olives
- cured fish
- bread

Method

- Add the giant beans into a [bowl](#) with water, add salt, and allow 12 hours for them to soak.
- Place the pressure cooker on heat, and add the olive oil.
- [Cut](#) the carrots into thin half-moons, the celery into small pieces, the onion and garlic into slices, and add them into the pressure cooker. Add the sugar and allow 1-2 minutes for them to caramelize.
- Add the leaf celery, the tomato paste, and sauté. Deglaze the pot with the wine and as soon as it evaporates, add the bouillon cube, bay leaves, canned tomatoes, and water.
- Drain the giant beans, rinse them, and add them into the pressure cooker.
- Seal with the lid, lower the heat to medium, turn the safety valve to the proper pressure indicator for cooking legumes, and simmer for 45 minutes.
- Turn off the heat and turn the safety valve so that the pressure cooker is depressurized. Alternatively, after turning off the heat, allow 5-10 minutes for it to depressurize on its own.
- Open the lid and season with salt and pepper.
- [Serve](#) with olive oil, pepper or chili flakes, olives, cured fish, bread.

Διατροφικός πίνακας

Nutrition information per portion

257 Calories (kcal)	4.7 Total Fat (g)	0.9 Saturated Fat (g)	37.0 Total Carbs (g)
13%	7%	5%	14%
8.1 Sugars (g)	13.0 Protein (g)	4.6 Fibre (g)	0.24 Sodium (g)
9%	26%	18%	4%