

Instant Pot Bean and Beef Chili

By MargenauMaker

Ingredients:

- 1 lb - Ground beef (could be cubed beef or a mix of pork and beef or even chicken/turkey)
- 1 medium onion - chopped
- 2-3 cloves of garlic - chopped
- 1.5 - 2 Cups of tomato sauce (if you are using canned tomatoes you can skip this)
- 4-5 cans of beans (I use a mix of kidney, black, chickpeas, cannellini or whatever is available)
- 1 large can of diced tomatoes or 5ish fresh roma tomatoes diced (about 2-3 cups)
- 1 can tomato paste
- 1 Tbsp - Chili powder
- 1 Tbsp - Paprika
- 1 tsp - Cumin
- 1 tsp - ground black pepper
- 1 tsp - salt
- 0.5 - 1 Cup - water or broth (to create enough steam to prevent burn warning)

Condiments:

- Rice
- Shredded cheese
- Sour cream

Directions:

1. Set pressure cooker to “sauté”, add ground beef and season with pepper and paprika to taste.
2. When browned remove beef to bowl and add diced onions and garlic to the pot. Use beef juice to cook. Cook until onions are translucent, and garlic has started to brown. Remove to bowl with beef.
3. Wash inner pot to remove burned on residue. This helps prevent the “food burn warning.”
4. Add tomato sauce, drained beans, diced tomatoes, tomato paste and spices.
5. Add beef, onions, and garlic. Mix well.
6. If dry add ½ - 1 cup of water or broth to give the pressure cooker enough liquid to make steam and prevent “food burn.”
7. Place the pressure lid on, turn vent to “sealing” and set the cooker to “high pressure” for 10 minutes. If “food burn” warning comes on, turn off pressure cooker, quick vent the steam, add more broth/water and stir to make sure nothing is stuck to the bottom of the pot. Reseal, and cook on high pressure again for 10 minutes.
8. Once done let pressure cook vent naturally for 5 – 10 minutes then use the quick venting method.
9. Open, stir and put the lid back on until ready to serve. Keep warm setting will stay on for 10 hours.
10. Serve on its own or with rice, crushed tortilla chips, shredded cheese and sour cream.
11. Freeze or refrigerate leftovers.