

CHILI with dry beans in Instant Pot

Ingredients

1 cup each dried pinto & black beans
2 lbs ground beef
1-2 onions chopped
1 red & 1 yellow bell pepper chopped
2 Tbsp garlic minced
3 Tbsp chili powder
1 Tbsp dried oregano
2 tsp cumin powder

1 tsp salt or to taste
1/2 tsp black pepper
4 tsp beef broth concentrate

Add after cooking:

1 can (14 oz.) diced tomatoes or 2 cups fresh tomatoes, chopped
1/4 cup masa harina e.g. Bob's Red Mill brand

Your choice of toppings: sour cream shredded cheddar cheese, chopped red onions, shallots or green onions, sliced jalapenos, hot sauce, diced avocado, or Fritos chips

Instructions - To do a quick pre-soak of beans in Instant Pot:

Rinse beans and drain. Place in instant pot and **add 3 cups water**.

Close Lid, and make sure steam release handle is in the 'Sealing' position.

Cook on 'Manual' or 'Pressure Cook' mode for 5 minutes.

Do a Natural Pressure Release (NPR), about 12 minutes.

Press 'Cancel' and open the Instant Pot.

1. Add all ingredients **except** tomatoes and masa harina. Stir.
2. Close Instant Pot Lid, and make sure steam release handle is in the 'Sealing' position.
3. Cook on 'Manual' or 'Pressure Cook' mode for 20 minutes.
4. Do a Natural Pressure Release (NPR), about 15 to 18 minutes. **
5. Press 'Cancel' and open the Instant Pot.
6. Add tomatoes.
7. Press 'Saute'.
8. Stir in masa harina.
9. Cook until chili has thickened, stirring frequently, about 5 minutes.
10. Press 'Cancel'.
11. Allow the Instant Pot Chili to rest for 5 more minutes before serving, it will thicken some more.

Ladle chili into serving bowls and serve with your choice of toppings: sour cream, shredded cheddar cheese, chopped red onions, shallots or green onions, sliced jalapenos, hot sauce, diced avocado, or Fritos chips (my favorite!)

Notes

- Prep time does not include steps that are already accounted for in the ingredient list, e.g. chopped onions, minced garlic, diced chicken, etc.

** After 15 minutes, if you wish to, you can release the remaining pressure by moving the pressure release handle to venting position.