



IP Chili

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Categories: Instant Pot, Main Dish - Stew

Servings: 6

Description: Awesome chili! Some prep time, but fast cooking. Adapted from Mealthy.

Source: : Since ground bison is about 90% lean, you can substitute either 85% or 90% lean ground beef in this recipe.

Preparation Time: 15 minutes

Suggested Wine: Petit Verdot

Start to Finish Time: 30 minutes

Serving Ideas: Toppings: Hot Sauce, Sour Cream, Shredded Cheese, Cilantro, Sliced Jalapeño Peppers

Ingredients

1 T Olive Oil
1 lg Yellow Onion,
chopped
Celtic Sea Salt to taste
4 lg Garlic Cloves,
minced
2 T Tomato Paste
8 ozs Fire Roasted
Tomatoes
1 T Chili Powder
2 t ground Cumin
2 t dried Oregano
1 1/2 t ground Turmeric
1 lb 85% Ground Beef or
Bison
2 c Beef Stock
28 ozs Black Beans,
drained
4 ozs Green Chili
Peppers
2 lg Poblano peppers,
ribs and seeds removed,
diced
1 lg Jalapeno, ribs and
seeds removed, diced

Directions

- 1) Heat oil in Instant Pot set to Sauté on Normal. Add the oil. Add beef, or bison, and cook until a little pink remains, about 5 minutes.
- 2) Add onion to the beef with a pinch of salt until softened, 3 to 5 minutes. Stir garlic, tomato paste, fire roasted tomatoes, chili powder, cumin, oregano and turmeric to the onion; cook, stirring frequently, until very fragrant and sticking to the bottom of the pot, 2 to 3 minutes. Press Cancel on Instant Pot.
- 3) Add the Beef stock, black beans, chili peppers, poblano and jalapeno peppers with the beef/onion mixture.
- 4) Lock Instant Pot lid in place and set steam vent to Sealing. Select Pressure Cook (Manual) and cook for 15 minutes on Low/High pressure. Once the cooking cycle has completed, set steam vent to Venting to quick-release pressure.

