

Chili, beef

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Basic chili *con carne*.

Steps

Set Instant Pot to Saute on medium. Add oil. While oil heats, chop or dice onions (use food processor if desired). Once oil shimmers, add onions and saute a few minutes.

2 ct med/lg yellow onions
2 T neutral oil (e.g., avocado)

Mince garlic and chilis (food processor recommended). Add to pot and saute a few minutes.

1 head garlic
6 ct serrano chili peppers

Add to pot and saute a few minutes.

Can substitute cayenne pepper (maybe 1–2 T?) or gochugaru (maybe 3 T?) in place of serranos.

4 T chili powder
2 T ground cumin
3 T mexican oregano
2 t sea salt
1 t ground black pepper

Add to pot using hot water to deglaze and clean spoon used for bouillon.

4 T beef Better-Than-Bouillon
10 c boiling water

Pick out crummy beans and rinse well. Add to pot with diced tomato and tomato sauce. Stir. Lay bay leaves on top (count them so you can remove later).

2 lbs beans of choice
14 fl oz diced tomato (canned or fresh)
14 fl oz tomato sauce (canned)
8 ct bay leaves

Cancel saute. Secure lid. Switch to vent, then to seal. Cook on high pressure for 1 hour. Allow natural release for 30 minutes. Then cancel and remove lid. Pick out bay leaves.

Saute on high until desired consistency is reached.

Meanwhile, brown ground beef separately. Drain fat and add to pot.

2 lbs ground beef

Notes

2024-01-15 I made this without oregano. Next time, consider: 1 t paprika, 2 T brown sugar, and 1 t cacao powder.

To self Verify this against your old version.