

Instant Pot Chili

A thick ground-beef chili on a fire-roasted tomato base with two kinds of beans, built in one pot with the tomatoes layered on top to dodge the burn warning.

PREP
15 min

COOK
15 min

TOTAL
55 min

SERVES
6

INGREDIENTS

1 tbsp olive oil

1 medium onion, chopped

1 lb ground beef (90% lean)

4 cloves garlic, minced

1 red bell pepper, chopped

2 tbsp chili powder

1 tbsp ground cumin

1 tbsp dried oregano

1 tsp garlic powder

1 tbsp brown sugar

1 tsp salt

¼ tsp black pepper

4 tbsp tomato paste

14.5 oz can (1¾ cups) low-sodium beef or chicken broth

28 oz can fire-roasted crushed tomatoes

15 oz can kidney beans, rinsed and drained

15 oz can black beans, rinsed and drained

METHOD

- 1 Heat the oil on sauté and cook the onion 2 minutes until it starts to soften.
- 2 Add the beef and cook about 5 minutes, crumbling it as it browns. Drain excess fat if needed.
- 3 Stir in the garlic, then cancel sauté.
- 4 Add the bell pepper, all the spices, brown sugar, salt, pepper, tomato paste and broth, stirring and scraping the bottom clean.
- 5 Pour the crushed tomatoes and beans on top and leave them unstirred — layering them keeps the burn warning away.
- 6 Lock the lid, valve to sealing, and pressure cook on high for 15 minutes.
- 7 Let the pressure release naturally for 10 minutes, then vent the rest and open once the pin drops.

- ⑧ Stir, and simmer on sauté a few minutes if you'd like it thicker. Serve with your usual toppings.

NOTES

Leaner beef (90%) means no grease slick to skim.

Like most chilis, it's better the next day; keeps 4 days refrigerated.

Per serving — Calories: 369 kcal · Carbs: 42 g · Protein: 28 g · Fat: 12 g · Sodium: 1324 mg · Fiber: 14 g · Sugar: 12 g

Adapted from Kristine's Kitchen · <https://kristineskitchenblog.com/instant-pot-chili/> · Potbelly, typeset