

Pressure Cooker Chili

Jacob · 28/09/2024

**Prep Time**

5 mins

Difficult

Medium

Servings

35 mins

Description

This hearty pressure cooker chili is delicious so good on a cold snowy day Whats even better is having it ready within 35 minutes from start to finish

Ingredients

- - 1 pound ground beef - 2 teaspoons olive oil - 1 sweet onion
- chopped - 1 small green bell pepper
- finely chopped - 1 jalapeno pepper
- seeded and finely chopped - 2 cloves garlic
- minced - 2 (14.5 ounce) cans diced tomatoes
- undrained - 2 (14.5 ounce) cans dark red kidney beans
- drained and rinsed - 2 cups water - 3 tablespoons tomato paste - 2 tablespoons chili powder - 1 tablespoon dark brown sugar - 2 teaspoons unsweetened cocoa powder - 2 teaspoons ground cumin - ½ teaspoon kosher salt
- or to taste - ¼ teaspoon crushed red pepper flakes
- or to taste

Instructions

1. Place ground beef in the pressure cooker over medium-high heat; cook until brown and crumbly
2. 8 to 10 minutes. Remove beef; drain off excess fat. Heat olive oil in the pressure cooker over medium heat; stir in onion
3. green pepper
4. and jalapeño. Cook and stir until onion has softened
5. about 3 to 4 minutes. Add garlic; cook and stir for about 30 seconds. Stir in browned beef
6. diced tomatoes
7. kidney beans
8. water
9. tomato paste
10. chili powder
11. brown sugar
12. cocoa powder
13. cumin
14. salt
15. and red pepper flakes. Lock the lid
16. bring the cooker up to pressure
17. reduce heat to maintain pressure
18. and cook for 8 minutes. Remove the cooker from the heat
19. and let the pressure reduce on its own
20. 5 to 10 minutes. When the pressure is fully released
21. remove the lid
22. stir the chili and serve.