

Pressure Cooker Beef Chili

Jacob · 28/09/2024



Prep Time

10 mins

Difficult

Medium

Servings

1 hr 5 mins

Description

When you ask someone why they don't use a pressure cooker one of the most common replies is something to the effect of 'I'm really not into being killed by an exploding stew'. The marvels of pressurized heat are actually very simple.

Ingredients

- 1 tablespoon vegetable oil - 2 ½ pounds beef chuck
- cut into 1-inch cubes - salt and ground black pepper to taste - 1 tablespoon vegetable oil - 1 onion
- diced - 3 cloves garlic
- chopped - 2 tablespoons ancho chile powder - 2 teaspoons Spanish paprika - 1 teaspoon ground cumin - ½ teaspoon ground black pepper - ½ teaspoon chipotle chile powder - ¼ teaspoon cayenne pepper - ½ teaspoon dried oregano - 1 (10 ounce) can diced tomatoes with green chile peppers - 1 ¼ cups water - ? cup ground corn chips (Optional) - ? cup chopped fresh cilantro - ? cup chopped green onions

Instructions

1. Heat 1 tablespoon vegetable oil in a skillet over medium-high heat. Season beef generously with salt and black pepper; place meat in the skillet and cook until brown on all sides
2. 5 to 10 minutes. Transfer to plate and set aside. Heat 1 tablespoon vegetable oil over medium-low heat in the pot of a pressure cooker. Stir onion and garlic into pot; cook until almost translucent
3. 4 to 6 minutes. Stir in ancho chile powder
4. paprika
5. cumin
6. black pepper
7. chipotle chile powder
8. cayenne pepper
9. and oregano; cook until fragrant
10. 2 minutes. Add diced tomatoes
11. beef
12. and water; stir to combine. Lock the lid of your pressure cooker. Increase heat to high and bring to full pressure. Reduce heat to low to maintain pressure; cook for 15 minutes. Remove from heat and let rest 10 minutes. Ensure that pressure is fully released and remove the lid. Return uncovered pressure cooker to burner over high heat. Stir in corn chips and bring to a boil; cook for 5 minutes. Garnish with cilantro and green onion. pelicangal Chef's Note If you don't have a pressure cooker
13. you can still make this chili. Just simmer it on the stovetop until the beef is tender
14. about 1 1/2 hours.