

SIMPLE BEEF & BEAN CHILI

Made in an Instant Pot

Serves 8 to 10.

By Dennis W. Viau; an original recipe.

There are many variations of chili. People in Texas like to say their chili is made only with beef, no beans. Others add beans. Some eschew any beef that is not good chuck. Others use ground beef. You can make chili any way you like, and using the Instant Pot makes the process easy. Set and forget.



Ingredients:

8 ounces (227g) dry beans — pinto or other variety you like (I used Peruvian mayocoba beans)
1 pound (454g) beef (I used chuck, taking advantage of a sale)
6 cups (1.4 liter) beef stock*
4 tablespoons all-purpose flour
4 to 6 tablespoons chili powder, mild or hot
1 to 2 teaspoons ground cumin (depending on how bold a flavor you enjoy)
1 tablespoon dried oregano flakes
1 teaspoon salt (no salt if using bouillon, which contains salt)
Freshly ground black pepper to taste
Optional: 2 tablespoons tomato paste, or 1 or 2 Roma tomatoes with purée, crushed.
3 to 5 cloves garlic, depending on size

Directions:

Partially cook the beans in advance by placing them in the Instant Pot with plenty of water to cover the beans. Use the Pressure Cook function (set the steam release valve to “Sealing”) and cook for 10 minutes. Allow the pot to depressurize naturally. The beans can be cooked a day or two in advance. Drain and set aside.

Cube the beef into bite-size pieces if using chuck. Or break up the ground beef, if using. Place the beef and the beans in the pot.

In a bowl, combine the stock, flour, chili powder, ground cumin, oregano, salt and pepper. Whisk well to eliminate lumps.

Add the stock mixture to the Instant Pot with the optional tomatoes and the garlic. Stir briefly.

Attach the lid and select the Pressure Cook function on the Instant Pot (valve set to “Sealing”) and set the time to 10 minutes. After the cooking time is complete, allow the pot to depressurize naturally. For more tender beef, the cooking time can be increased to 20 minutes.

The chili can be served immediately. It will taste even better reheated the following day.

*I use chicken stock (which I almost always have in the freezer) with 2 or 3 tablespoons beef bouillon mixed into it.

The **Step By Step** guide begins on the following page.

STEP-BY-STEP

1



You can soak dry beans overnight to prepare them for cooking. With a pressure cooker, you can shorten this step by cooking them in plenty of water for 10 minutes at high pressure. This will partially cook the beans. They will finish cooking in a later step.

2



You can use ground beef in chili. I had plenty of beef chuck meat in the freezer, which I thawed and cubed.

3

Stir the flour, chili powder, cumin, oregano, salt, and pepper into the stock, mixing well to eliminate lumps.

Note: I had plenty of chicken stock; so I made a cheater stock by adding beef bouillon to my stock.

4

I like a little tomato in my chili, either tomato paste or a Roma tomato with the purée. This is optional. I added the crushed garlic to the tomato, but you can add the garlic directly to the pot if you don't add tomato.

5



Pour the stock mixture into the pot. Stir the ingredients briefly.

6



I use food liners in my Instant Pot to help keep the inner pot clean and shiny. The liners I bought (on Amazon) came with green plastic ties. I used one to fasten the liner toward the center of the pot so that none of it would interfere with the lid's gasket sealing around the edge of the pot.

7



Attach the lid, set the pressure release valve to Sealing. Select the Instant Pot's Pressure Cook function and set the time to 10 minutes. For a more tender beef, you can set the time to 20 minutes.

8



After the cooking time, let the pot depressurize naturally. With a liner, you can transfer the chili easily when it cools enough to handle safely.



Conclusion

I like chili served with a little sour cream. You can also garnish with a little chopped cilantro, green onion, or chives. Chili is a satisfying stew I enjoy in winter. I'll eat it several times each month.