

Chili

Ingredients

- 2 **LBS** ground chuck
- 1 onion (chopped)
- 1 red pepper (chopped)
- 2 **TSP** chopped garlic
- 2 cans light or dark kidney beans (drained)
- 1 **CUP** beef broth
- 1 **TSP** cumin to taste
- 3 **TBSP** chili powder to taste
- 1 **TSP** or more salt/pepper to taste
- 1/4 **TSP** cayenne pepper
- 1/2 jar salsa

Directions

1. In InstantPot add about TBSP of veg oil and brown beef using saute function.
2. Remove meat and drain
3. In same pot add onion, garlic and pepper, saute till wilted
4. Add back meat
5. Add s/p, cumin, chili, powder, cayenne, broth, beans, salsa. (The rest)
6. Toss a beef bullion cube in sometimes just for added depth.
7. For InstantPot, use meat function and cook for about 40 minutes.
8. TASTE and add more spices if necessary. If too soupy put on saute function and cook until thicker, stirring often.

Serve in bowls topped with cheddar That's my basic recipe. Change up amounts as you like. You could use 3lbs meat and just change up the spices to your liking

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