

## Tom's Chili Recipe in a pressure cooker

### **\*Ingredients\***

- 1 lb black beans
- 4 bay leaves
- 1 teaspoon olive oil
- 3 tablespoons butter
- 1 lb hamburger beef (80% lean)
- 2 large onions diced
- 6 cloves of garlic
- 1 - 15 oz can of tomatoes
- 1 New Mexico dried chile pepper (or 1 teaspoon dried)
- 1 guajillo chile pepper (optional)
- 3 ancho chile peppers (or 3 teaspoons dried)
- 1 dried morita chipotle pepper
- 3 teaspoons ground cumin
- 3 teaspoons ground coriander
- 1 teaspoons medium chili powder
- 1/2 teaspoon sweet paprika
- 2 teaspoons sea salt

### **\*Directions\***

Begin by cooking the beans. Rinse beans in cool water in a strainer or in the pot with a few changes of water. I choose to not soak my beans because it removes a bit of their essence and flavor. If you struggle with poor digestion of beans, the best cure is to eat them regularly. Your body will adapt, and the musical aspects will likely disappear.

Drain rinse water, and then move the chili pot to stove. Add 12 cups of water, bay leaves and olive oil. Set heat to medium high and bring to a boil. Prepare pressure cooker lid by oiling the seal. Place lid on pot and set dial to high pressure setting. Once the pot begins to release steam and is at pressure, turn heat down to medium-low. Cook at pressure for 30 minutes and use a natural or rapid release method to complete.

While the beans are cooking, start preparing the other ingredients. Set a large fry pan over medium-high heat and add butter. Once the butter is melted and pan is warm, add onions. Sauté for 5 to 7 minutes or until the onions start to soften and become translucent. Add the garlic and beef. Break up the beef into bite sized chunks with your spatula and continue cooking until the beef begins to brown. Add dry spices and stir to combine. Cook for 1-2 minutes to activate the spices and the mixture starts brown and look dry. Stir in one cup of water to deglaze the pan, remove from heat, and set aside.

If using whole dried chile peppers, cut off the hard stems, slice lengthwise and remove seeds. Roughly chop peppers and add to a heat-proof mixing bowl such as metal or glass bowl. Boil

1.5 cups of water in an electric kettle or saucepan. Pour over the dried peppers and let stand for 10 minutes.

After the peppers have had time to soften, add to a blender along with water. Blend until smooth. Add tomatoes and gently blend to create a smooth mixture.

When the beans have finished cooking, remove the lid, and add both the onion / beef mixture and chile / tomato mixture to the pot. Place the pressure-cooking lid back on the pot and bring to pressure again. Cook at high pressure for 13 minutes. Once completed, use a natural release method to finish.

Remove lid and set over medium-low heat and simmer for 20 minutes to 1 hour to develop a rich soup texture. Continue until the texture is as you like. Feel free to add more water at this point without any negative effects on the finished chili. Scoop into bowls, finish with a handful of Fritos corn chips. Enjoy!