



## How to Make Pressure Cooker Beef Chili

 Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons ancho chile powder
- 2.5 pounds beef chuck cut into 1-inch cubes
- 10 ounce canned tomatoes diced with green chile peppers canned
- 0.3 teaspoon cayenne pepper
- 0.5 teaspoon chipotle chile powder
- 0.1 cup cilantro leaves fresh chopped
- 3 cloves garlic chopped
- 0.1 cup green onions chopped

- 1 teaspoon ground cumin
- 0.5 teaspoon ground pepper black
- 6 servings salt and ground pepper black to taste
- 1 onion diced
- 0.5 teaspoon oregano dried
- 2 teaspoons paprika spanish
- 1 tablespoon vegetable oil
- 1.3 cups water

## Equipment

- frying pan
- pressure cooker

## Directions

- 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, 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, 4 to 6 minutes. Stir in ancho chile powder, paprika, cumin, black pepper, chipotle chile powder, cayenne pepper, and oregano; cook until fragrant, 2 minutes.
- Add diced tomatoes, beef, 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.

## Nutrition Facts

PROTEIN 37.13% FAT 55.15% CARBS 7.72%

## Properties

Glycemic Index:43.17, Glycemic Load:0.62, Inflammation Score:-7, Nutrition Score:24.359999718873%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg

## Nutrients (% of daily need)

Calories: 395.23kcal (19.76%), Fat: 24.5g (37.7%), Saturated Fat: 9.97g (62.32%), Carbohydrates: 7.72g (2.57%), Net Carbohydrates: 4.48g (1.63%), Sugar: 2.87g (3.19%), Cholesterol: 130.41mg (43.47%), Sodium: 359.2mg (15.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.12g (74.24%), Zinc: 14.42mg (96.14%), Vitamin B12: 5.16µg (85.99%), Selenium: 39.84µg (56.92%), Vitamin B3: 8.58mg (42.89%), Vitamin B6: 0.83mg (41.64%), Phosphorus: 376.75mg (37.67%), Iron: 4.82mg (26.75%), Potassium: 736.49mg (21.04%), Vitamin A: 953.65IU (19.07%), Vitamin B2: 0.31mg (18.38%), Vitamin K: 16.9µg (16.1%), Fiber: 3.24g (12.97%), Vitamin C: 10.19mg (12.35%), Vitamin B5: 1.23mg (12.3%), Magnesium: 45.54mg (11.38%), Vitamin E: 1.68mg (11.21%), Vitamin B1: 0.15mg (9.87%), Manganese: 0.17mg (8.73%), Copper: 0.17mg (8.6%), Calcium: 58.25mg (5.82%), Folate: 12.8µg (3.2%), Vitamin D: 0.19µg (1.26%)