



How to Make Pressure Cooker Beef Chili

 Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



405 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 ground corn chips
- 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 36.32% FAT 55.13% CARBS 8.55%

Properties

Glycemic Index:43.17, Glycemic Load:0.62, Inflammation Score:-7, Nutrition Score:24.525217097739%

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: 405.1kcal (20.26%), Fat: 25.12g (38.64%), Saturated Fat: 10.05g (62.82%), Carbohydrates: 8.77g (2.92%), Net Carbohydrates: 5.45g (1.98%), Sugar: 2.88g (3.2%), Cholesterol: 130.41mg (43.47%), Sodium: 368.62mg (16.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.23g (74.47%), Zinc: 14.44mg (96.29%), Vitamin B12: 5.16µg (85.99%), Selenium: 39.98µg (57.12%), Vitamin B3: 8.59mg (42.96%), Vitamin B6: 0.84mg (41.8%), Phosphorus: 380.31mg (38.03%), Iron: 4.84mg (26.88%), Potassium: 739.13mg (21.12%), Vitamin A: 953.65IU (19.07%), Vitamin B2: 0.31mg (18.47%), Vitamin K: 17.02µg (16.21%), Fiber: 3.32g (13.26%), Vitamin B5: 1.24mg (12.4%), Vitamin C: 10.19mg (12.35%), Vitamin E: 1.81mg (12.09%), Magnesium: 46.86mg (11.71%), Vitamin B1: 0.15mg (9.93%), Manganese: 0.18mg (9.13%), Copper: 0.17mg (8.69%), Calcium: 60.78mg (6.08%), Folate: 12.95µg (3.24%), Vitamin D: 0.19µg (1.26%)