



Pressure Cooker Chili

READY IN



50 min.

SERVINGS



4

CALORIES



688 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon chiles in adobo sauce from the chipotle peppers in adobo
- ☐ 12 ounce beer
- ☐ 1 tablespoon chili powder
- ☐ 2 chipotle peppers in adobo sauce canned chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1.5 teaspoons kosher salt
- ☐ 2 teaspoons vegetable oil; peanut oil preferred
- ☐ 16 ounce salsa
- ☐ 3 pounds stew meat beef, pork, and/or lamb

- ☐ 1 tablespoon tomato paste
- ☐ 30 tortilla chips

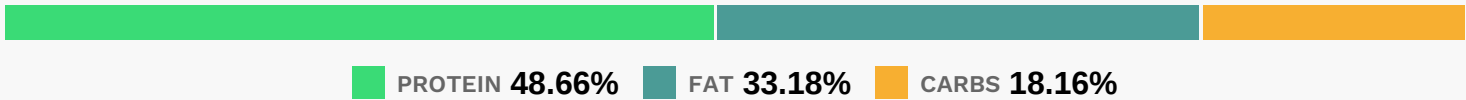
Equipment

- ☐ bowl
- ☐ mixing bowl
- ☐ pot
- ☐ pressure cooker

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the meat in a large mixing bowl and toss with the peanut oil and salt. Set aside.
- ☐ Heat a 6-quart heavy-bottomed pressure cooker over high heat until hot.
- ☐ Add the meat in 3 or 4 batches and brown on all sides, approximately 2 minutes per batch. Once each batch is browned, place the meat in a clean large bowl.
- ☐ Once all of the meat is browned, add the beer to the cooker to deglaze the pot.
- ☐ Scrape the browned bits from the bottom of the pot.
- ☐ Add the meat back to the pressure cooker along with the salsa, tortilla chips, chipotle peppers, adobo sauce, tomato paste, chili powder, and ground cumin and stir to combine. Lock the lid in place according to the manufacturer's instructions. When the steam begins to hiss out of the cooker, reduce the heat to low, just enough to maintain a very weak whistle. Cook for 25 minutes.
- ☐ Remove from the heat and carefully release the steam.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.63, Glycemic Load:1.5, Inflammation Score:-9, Nutrition Score:41.48652181418%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 687.9kcal (34.4%), Fat: 24.16g (37.17%), Saturated Fat: 6.83g (42.72%), Carbohydrates: 29.76g (9.92%), Net Carbohydrates: 24.47g (8.9%), Sugar: 5.89g (6.54%), Cholesterol: 210.92mg (70.31%), Sodium: 1949.01mg (84.74%), Alcohol: 3.32g (100%), Alcohol %: 0.72% (100%), Protein: 79.74g (159.49%), Selenium: 97.4µg (139.15%), Vitamin B6: 2.55mg (127.66%), Vitamin B3: 25.26mg (126.3%), Vitamin B12: 6.31µg (105.18%), Zinc: 14.84mg (98.9%), Phosphorus: 842.05mg (84.21%), Iron: 8.92mg (49.55%), Potassium: 1605.22mg (45.86%), Vitamin B2: 0.64mg (37.89%), Magnesium: 129.17mg (32.29%), Vitamin E: 4.46mg (29.76%), Vitamin B1: 0.4mg (26.82%), Vitamin A: 1205.9IU (24.12%), Copper: 0.47mg (23.64%), Fiber: 5.29g (21.17%), Vitamin B5: 2.04mg (20.37%), Vitamin K: 16.16µg (15.39%), Folate: 57.65µg (14.41%), Calcium: 136.88mg (13.69%), Manganese: 0.25mg (12.38%), Vitamin C: 3.08mg (3.74%)