



Pressure Cooker Vegan Black Bean Chili

 Vegetarian  Gluten Free

READY IN



570 min.

SERVINGS



8

CALORIES



604 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons chipotles in adobo minced (2 medium chipotles)
- 14 ounce canned tomatoes crushed canned
- 2 tablespoons chili powder
- 10 ounces corn kernels frozen thawed
- 2.5 cups black beans dried
- 8 servings cilantro leaves fresh thinly sliced coarsely chopped
- 4 medium garlic clove finely chopped
- 1 tablespoon ground cumin

- 1 tablespoon kosher salt plus more for seasoning
- 8 servings lime wedges
- 2 medium bell pepper red cored seeded
- 2 medium onion red
- 8 servings sharp cheddar cheese shredded
- 8 servings cream sour
- 1 tablespoon tomato paste
- 8 servings tortilla chips
- 3 tablespoons vegetable oil
- 2.5 cups water plus more for soaking the beans

Equipment

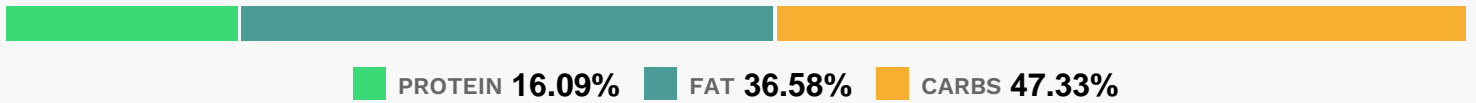
- bowl
- stove
- colander
- pressure cooker

Directions

- Place the beans in a large bowl and pick through them, discarding any broken beans or stones. Cover with at least 3 inches of cold water and allow to soak uncovered and at room temperature for at least 8 hours or overnight.
- Drain in a colander and set aside.
- Heat the oil in a 6-quart stovetop pressure cooker over medium heat until shimmering.
- Add the garlic, bell pepper, onion, and 1 teaspoon of the salt. Cook, stirring occasionally, until the vegetables have softened, about 5 minutes.
- Add the chili powder and cumin and cook, stirring occasionally, until fragrant, about 2 minutes.
- Add the tomato paste and chipotles and stir to coat the onion mixture. Cook, stirring occasionally, until the tomato paste is no longer raw-tasting, about 1 to 2 minutes.

- Add the measured water, crushed tomatoes, reserved beans, and remaining 2 teaspoons of salt and stir to combine. Lock the lid of the pressure cooker in place and bring to high pressure over high heat. Reduce the stovetop heat to medium and cook the chili for 30 minutes, adjusting the heat as necessary to maintain a visible, steady stream of escaping steam.
- Remove the pressure cooker from the heat and allow the pressure to come down naturally for 15 minutes. Carefully quick-release any pressure left in the cooker, then remove the lid (keep your face away from the escaping steam). Stir in the corn and let it sit for 3 minutes to heat through. Taste and season the chili with salt as needed.
- Serve with your choice of garnishes.

Nutrition Facts



Properties

Glycemic Index: 33.5, Glycemic Load: 2.47, Inflammation Score: -10, Nutrition Score: 32.556086944497%

Flavonoids

Petunidin: 9.34mg, Petunidin: 9.34mg, Petunidin: 9.34mg, Petunidin: 9.34mg Delphinidin: 11.22mg, Delphinidin: 11.22mg, Delphinidin: 11.22mg, Delphinidin: 11.22mg Malvidin: 6.43mg, Malvidin: 6.43mg, Malvidin: 6.43mg, Malvidin: 6.43mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg

Nutrients (% of daily need)

Calories: 603.64kcal (30.18%), Fat: 25.44g (39.15%), Saturated Fat: 8.96g (55.99%), Carbohydrates: 74.06g (24.69%), Net Carbohydrates: 59.11g (21.5%), Sugar: 8.87g (9.86%), Cholesterol: 37.08mg (12.36%), Sodium: 1361.18mg (59.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.18g (50.36%), Folate: 319.09µg (79.77%), Fiber: 14.95g (59.79%), Vitamin C: 46.65mg (56.55%), Phosphorus: 484.73mg (48.47%), Manganese: 0.94mg (46.99%), Vitamin B1: 0.69mg (45.95%), Vitamin A: 2081.74IU (41.63%), Magnesium: 165.13mg (41.28%), Potassium: 1363.62mg (38.96%), Calcium: 374.98mg (37.5%), Copper: 0.72mg (35.95%), Iron: 5.49mg (30.48%), Zinc: 4.27mg (28.48%), Vitamin B6: 0.52mg (26.24%), Vitamin E: 3.81mg (25.41%), Vitamin K: 26.45µg (25.19%), Vitamin B2: 0.41mg (23.85%), Selenium: 13.56µg (19.37%), Vitamin B3: 3.07mg (15.36%), Vitamin B5: 1.47mg (14.65%), Vitamin B12: 0.34µg (5.72%), Vitamin D: 0.18µg (1.2%)