



The Best Chili

INGREDIENTS

- 1 1/2 tablespoons of canola oil
- 2 pounds 85/15 of ground beef
- 4 cloves of garlic, minced
- 1 medium sweet onion, diced
- 1 red bell pepper, diced
- 3 tablespoons of tomato paste
- 3 tablespoons of chili powder
- 2 teaspoons of paprika
- 2 teaspoons of dried oregano
- 2 teaspoons of cocoa powder
- 1 1/2 teaspoons of ground cumin
- 1 (12-ounce) can lager or pilsner beer
- 1 1/2 cups of beef stock
- 2 (10.75-ounce) cans of tomato puree
- 2 (15-ounce) cans of black beans, drained and rinsed
- Kosher salt and freshly ground black pepper, to taste
- 1/4 cup chopped fresh cilantro leaves
- 1/4 cup sour cream
- 1/4 cup shredded cheddar cheese

METHOD

Place ground beef in a deep bowl and while stirring pour boiling water over it to cover. Let stand a few minutes, until beef changes color, take beef away from water, drain and let cool.

Set a 6-qt Instant Pot to the high sauté setting.

Heat canola oil add garlic, onion, bell pepper and chili cook, stirring occasionally, until tender, about 4-6 minutes. Stir in tomato paste, chili powder, paprika, oregano, cocoa powder and cumin.

Stir in beer, scraping any browned bits from the bottom of the pot.

Stir in beef stock, tomato puree, black beans and ground beef; season with salt and pepper, to taste. Select manual setting; adjust pressure to high, and set time for 18 minutes. When finished cooking, quick-release pressure according to manufacturer's directions.

Stir in cilantro; season with salt and pepper, to taste.

Serve immediately, garnished with sour cream and cheese, if desired.