

ground leaf

Chili

- 1/3 cup dry kidney beans*
- 1/3 cup dry black beans*
- 1/3 cup dry cranberry or pinto beans*

- 1 onion, chopped
- 3 garlic cloves, minced
- 1 jalapeno, minced
- 1 celery stalk, chopped
- 1 carrot, peeled and chopped

- 1 (15oz) can tomato sauce
- 1 (14.5 oz) can diced fire roasted tomatoes
- 1 1/2 cups Vegetable Stock

- 1 TB Chili Powder Medium (Penzey's)
- 1 TB Chili 9000 (Penzey's)
- 1 TB nutritional yeast
- 2 1/2 tsp salt**
- 2 tsp cumin
- 2 tsp dried oregano
- 1 tsp Old World (Penzey's)
- 1 tsp smoked paprika
- 1/4 tsp black pepper
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 tsp ground coriander
- 1/4 tsp celery seed
- 1/8 tsp cayenne
- 1/8 tsp chipotle
- 1 pinch dried parsley

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1. Drain beans and add to Instant Pot inner pot. Add 3 cups water.
2. Secure lid in place > Turn valve to SEALING > Select MANUAL or PRESSURE COOK > Adjust time to 8 minutes > After 10 seconds display will read ON
3. When time has lapsed > Allow for NATURAL PRESSURE RELEASE > Wait until silver button on lid drops > Remove lid away from you
4. Drain beans. Set aside. Rinse inner pot and return to machine.
5. Press SAUTÉ. Add onion to inner pot. Stir frequently, adding water as necessary if sticking. After about 5 minutes, add garlic and jalapeno and sauté for another 3 minutes. Add celery and carrots, sauté for another minute.
6. Add all other ingredients, including previously cooked beans, and stir to combine.
7. Press CANCEL to stop SAUTÉ function > Secure lid in place > Turn valve to SEALING > Press MANUAL > Press MINUS sign to modify time to X minutes > After 10 seconds display will read ON
8. When time has lapsed > QUICK RELEASE pressure by turning valve to VENTING > Remove lid away from you

*soaked at least 6 hours

**GL homemade Vegetable Stock has no added salt. Adjust accordingly if using salted stock