



## Cheesy Chili Mac - Instant Pot

Ingredient	
2 T	Olive oil
1	Medium yellow onion, chopped (about 1 cup)
2	4 1/2 ounce cans mild or hot chopped green chiles (1 cup)
1	Medium garlic clove, peeled and minced (1 teaspoon)
1 1/2 pounds	Lean ground beef
1/2 cup	Chile powder
2 t	Ground cumin
1/2 t	Table salt
2 cups	Beef or chicken broth
28 ounce	Crushed tomatoes (canned is fine)
15 ounce	can of kidney beans, drained and rinsed (1 3/4 cups) (see note #1 for using dried beans)
8 ounce	Dried ziti (see note #2)
4 ounce	Shredded cheddar (1 cup)

### Method:

**Step 1: With the insert in the electric pressure cooker**, turn the cooker to medium heat on Saute setting and allow to warm up 1-2 minutes. Add the olive oil and onion and cook, stirring often, until the onion begins to soften, about 3-4 minutes. The onion should not brown. Add the chilis and garlic and continue cooking until the liquid has mostly evaporated, about 2 more minutes.

**Step 2: Add the ground beef** to the the pot. Cook, stirring often to break up the meat. Cook 3-4 minutes until the meat is no longer pink. Add the chili powder, cumin and salt, stir, and allow to toast the spices for about 30 seconds.

**Step 3: Add the broth** to the pot and stir to scrape the bottom of the pan and loosed all of the browned bits off of the bottom of the pan. This step is important so that the pot does not default to the burn warning later in the cooking process. Once the pot bottom is cleaned, turn off the pot.

**Step 4: Stir in the tomatoes,** beans, and pasta (see notes about using dried beans and cooking pasta in pressure cooker). Lock the lid on the pot.

**Step 5: Cook at high pressure** for 7 minutes.

**Step 6: Use the quick-release method** to bring the pot's pressure back to normal. Unlatch the lid and open the pot, stir in the cheddar cheese. Set the lid back on the pot for 5 minutes to melt the cheese and mellow the flavors. Stir again before serving.

### **A few notes on this recipe:**

1. If you'd prefer to use dried beans instead of canned beans, you will need to clean and soak 1 cup of beans about 8-12 hours ahead of cooking. Drain and rinse the soaked beans and substitute into the recipe. Because kidney beans take longer to cook than the pasta, do not add the pasta at step 4. Continue to cook for 7 minutes, then after releasing pressure, stir in pasta, and replace lid, then cook for another 7 minutes. This should allow your beans and pasta to cook perfectly.

2. About cooking pasta in the instant pot - pasta tends to continue absorbing water as long as it is in liquid. If made as written, it should be rated immediately. Leftovers can be expected to have very soggy pasta. If you are adverse to pasta cooked in this manner, you can cook the pasta separately from the rest of the meal and stir it in before serving.