

A Recipe From *tikkido*

Instant Pot No-Bean Chili

<https://tikkido.com/blog/instant-pot-chili>

Ingredients:

- 1 1/2 pounds ground beef (I use extra lean)
- 2 15 ounce cans of tomato sauce
- 1 28 ounce can of crushed tomatoes
- 1 container (17 ounces) beef broth
- 1/2 an onion, chopped
- 4 cloves of garlic, crushed
- 2 teaspoons salt
- 1 Tablespoon oregano
- 2 teaspoons cumin
- 1 teaspoon freshly ground black pepper
- 1 teaspoon smoked paprika
- 5 teaspoons chili powder
- 1 teaspoon dried shallots
- 1 Tablespoon Worcestershire sauce
- 1/2 teaspoon fish sauce (from your local international market. Optional, but highly recommended)

Instructions:

1. Set Instant Pot to saute setting, and cook the ground beef, onions, and garlic until the beef starts to brown.
2. Add broth and scrape the bottom of the pot to deglaze and lift any browning at the bottom of the pot.
3. Add canned tomato products, spices, and the Worcestershire sauce and fish sauce. Stir to combine.
4. Close the pressure cooker lid, set the pressure valve to the sealed setting, and choose the chili/beans setting.
5. The timer will default to 30 minutes once the Instant Pot comes to pressure.
6. You can quick release the pressure or wait for a natural pressure release.

