

Pressure Cooker Chili Mac

Yield: 6 servings

Approximate Total Time: 40 minutes

Electric Pressure Cooker Size: 6 quarts

1 tbsp. canola *or* vegetable oil
1 pound lean ground beef (93/7 *or* 95/5)
1 cup chopped onions
2 cloves garlic, minced *or* 1 tsp. minced jarred garlic
1 tsp. salt
3 tbsp. chili powder
1/8 tsp. cayenne pepper
1 cup beef broth
1 (28 oz.) can diced tomatoes
1 (15 oz.) can kidney beans, drained and rinsed
2 cups elbow macaroni
2 cups shredded cheddar cheese
Salt and freshly ground black pepper, to taste
Sour cream and extra shredded cheddar cheese for garnish (optional)

Preheat the pressure cooker using the SAUTE setting. Add the oil, and brown the ground beef and onions. Stir in the garlic, salt, chili powder, and cayenne pepper, and cook for one minute. Stir in the beef broth, tomatoes, kidney beans, and macaroni. Lock the pressure cooker lid in place and set steam vent to Sealing. Select CANCEL, and then select PRESSURE COOK (Manual) and cook for 5 minutes at high pressure.

After the 5 minutes have passed, open the steam vent to release the pressure (Quick Release). Carefully remove lid, stir, and then stir in the 2 cups of cheddar cheese. Season to taste with more salt and freshly ground black pepper. Serve with sour cream and extra shredded cheddar cheese if desired.