

Chili Starter



Ingredients

- 4 cups crushed tomatoes
- 1/2 cup beef stock
- 1 large onion, peeled and diced
- 1/3 cup dried red beans
- 1/3 cup black beans
- 1/4 cup chili powder
- 1 tsp. cumin
- 1 tsp. ground coriander
- 1 tbsp. crushed red pepper flakes
- 1 tbsp. sugar
- 2 tbsp. grape seed oil

Directions:

1. Place the inner pot into the Pressure Pro. Place the oil in the inner pot. Press the **SOUP/STEW** button. Sauté the onions for 5 minutes. Add the spices and cook for an additional minute.
2. Add the remaining ingredients. Place the lid on the Pressure Pro, lock lid and switch the pressure release valve to closed.
3. Once the timer is done switch the pressure release valve to open.
4. When the steam is completely released, remove the lid.
5. Carefully pour into the jars 1" from the top.
6. Using a flexible nonporous spatula gently press between the chili and the jar to release any trapped air bubbles.
7. Clean the rims of the jars with white vinegar.
8. Place the lids on the jars. Place the jars into the clean inner pot and add water until the jars are covered 1/4 of the way.
9. Secure the lid, close the steam release valve and press the **CANNING/PRESERVING** button pre-programmed for 30 minutes, and then press the 1 minute button to reach 45 minutes.
10. When the time runs out press the **CANCEL** button and then the **CANNING/PRESERVING** button for an additional 30 min.
11. When the time runs out and the steam has been released, remove the lid and carefully remove the jars using canning tongs.