

Smokin' Hot Chilli Con Carne



Ingredients

- 2½ lbs. lean ground beef
- ½ cup olive oil
- 1 lb. onion, chopped
- 6 cloves garlic, finely chopped
- 1½ cup kidney beans, soaked
- 3 cups canned tomatoes, drained and chopped
- 2 bay leaves
- 1 tbsp. salt
- 1 tbsp. tomato paste
- 3 tbsp. chilli powder
- ¼ tsp. pepper
- ¼ tsp. dried basil
- 2 tsp. ground cumin
- ¼ tsp. cayenne pepper
- 2 cups water

Directions:

1. Add 2 tbsp olive oil into the Pressure Pro and engage the browning feature by pressing **SOUP/STEW**. Divide meat into two batches. Brown and remove the first batch. Add another 2 tbsp. of oil and brown and remove the second batch.
2. Add remaining oil (4 tbsp.) to the cooker. Add onion and garlic. Stir fry until onions are light brown.
3. Add the meat and remaining ingredients. Stir.
4. Close the lid, setting the **PRESSURE VALVE** to **SEAL**.
5. When finished, allow pressure to release naturally.
6. Discard bay leaves and serve while hot.