

Pressure Cooker Black Bean & Lentil Chili (<https://www.hippressurecooking.com/black-bean-lentil-chili-pcs/>)
Author: Laura Pazzaglia, Hip Pressure Cooking

This recipe fills a 6L/qt pressure cooker half-way - this is the maximum fill level for beans in a pressure cooker

INGREDIENTS

1 tablespoon olive oil
1 medium red onion chopped
2 medium carrots, chopped
1 tablespoon paprika
1 tablespoon dried oregano
2 teaspoons garlic powder
2 teaspoons powdered cumin
1 ounce (30g) dried mushrooms (any kind, I prefer Porcini)
1 cup (200g) lentils, sorted and rinsed
2 cups (400g) dry black beans, soaked overnight and rinsed
1 - 14 oz. can (400g) chopped tomatoes (or 1¾ cups freshly chopped tomatoes - about three tomatoes)
4 cups (1L) water
2 tablespoons Worcestershire Sauce
1 teaspoon salt, or to taste
optional garnish: grated cheddar cheese quick-pickled jalapeño peppers

INSTRUCTIONS

Pre-heat the pressure cooker by pressing the "Brown" or "Saute" program - meanwhile gather the ingredients and chop the carrots and onion.

To the pressure cooker add the oil and onion. Then, add the spices (paprika, oregano, garlic powder and cumin), dried mushrooms, carrots, and chopped tomatoes. Mix well.

Mix-in the lentils, black beans and water. Mix well.

Close the lid and set the valve to pressure cooking position.

Electric pressure cookers and stove top pressure cookers: Cook for 10 minutes at high pressure. When time is up, open the pressure cooker with the Natural pressure release. Electric pressure cookers: Disengage the "keep warm" mode, or unplug the cooker, and open the lid when the pressure indicator/lid-lock has gone down (about 20 to 30 minutes). Stovetop pressure cookers: Move the cooker off the burner and wait for the pressure to come down on its own (about 15 minutes).

Add the salt and Worcestershire sauce and mix well.

Serve and, optionally, garnish with grated cheddar cheese and quick-pickled jalapeño peppers.

Suzanne Grefscheim

Note from Suzanne: I thought the results as presented there were a bit bland so I doubled the amount of Worcestershire sauce, used minced garlic as well as the garlic powder called for, and upped the cumin a bit when I made it for the Club.