

CHILI CON CARNE

1 cup hamburger, cooked
2 cans or 2 ½ cups cooked kidney or pinto beans (1 cup dry beans) *
2 – 2 ½ cups canned tomatoes
1/3 cup minced green pepper
1 bay leaf (remove after cooking)
2 Tbsp. sugar
2-4 tsp. chili powder
onion powder (to taste) or 1 cup chopped onion
garlic powder (to taste) or 1 clove, minced
salt & pepper (to taste)

Place all ingredients in a 4 qt. pot. Bring to boil; turn down heat and simmer on LOW until meat is tender and flavors are blended (about 30 minutes). Serves 6.

*COOKING DRY BEANS

1 cup beans
3 cups water
1 tsp. salt

1 lb. beans (2 cups)
6 cups water
2 tsp salt

1 cup dried beans =
2 - 2 ½ cups cooked beans.

Wash and sort beans.

Traditional Method: Place beans in large pot with water. Boil 2 minutes. Cover and let stand 1 hour or overnight. Add salt. Bring to a boil. Cover when most of foam is gone and simmer gently until tender (about 2 hrs. for kidney or pinto beans).

Instant Pot: Rinse beans in warm water. Do not fill pot more than half full. Cover beans with water and add salt. Pressure cook for 40 minutes and do a 10-minute natural release or 45 minutes with a quick release. There is no need to soak beans, but if you do, soak for 4-6 hours and pressure-cook for 10-minutes.