

Beans, Rice And Everything Nice

Instant Pot Chili Macaroni



original recipe by beansriceeverythingnice.weebly.com

Ingredients

makes 6-8 servings

1 Tablespoon dried oregano
2 teaspoons Ancho chili powder
1 teaspoon ground cumin
1 teaspoon ground coriander
1 teaspoon smoked paprika
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
1/8-1/4 teaspoon Chipotle powder
or
2 Tablespoons chili powder blend
1 Tablespoon dried oregano

1 small yellow onion, diced
2 cloves garlic, minced
1 398 ml (14 oz) can plain tomato sauce
1 796 ml (28 oz) can diced tomatoes
2 cups cooked or 1 can beans, drained and rinsed
1 carrot, peeled and diced
1/2 red pepper, diced
1/2 green pepper, diced
1 cup frozen corn
1 454 gram (1 pound) package gluten-free macaroni
3-1/2 cups water
a big handful of chopped spinach

1. Press the SAUTE button and heat the Instant Pot insert for a minute or two. Add the diced onion and dry saute until translucent, adding water if needed to prevent sticking. Add the garlic and cook briefly.
2. Mix in the spices and oregano and toast briefly. Add the diced tomatoes and the sauce. Stir to combine and let sit until it starts to simmer.
3. Cancel the SAUTE function. Stir in the beans and the diced vegetables. Add the macaroni in a flat level on top, but do not stir it in. Pour the remaining water over the top.
4. Close the lid. Set the pressure release valve to SEALING.
For the 6 Quart IP-LUX: Press STEAM then press ADJUST until the pressure display says LESS. Adjust the cook time to 2-4 minutes by pressing the up or down arrows (I did 4 minutes and the macaroni was a little over-cooked).
For the 6 Quart IP-DUO: Press MANUAL then press the PRESSURE button to change to Low Pressure. Adjust the cooking time to 4 minutes by pressing the down arrow.
5. When the cooking is finished, press the CANCEL button and release the pressure immediately. Open the lid and gently stir in the chopped spinach.