# Pressure Cooker Mole Chili

**Makes 13 cups**
**Preparation Time: 30 minutes**
**Cook Time: 1 hours**

INGREDIENTS:

2¼ cups dry black beans or pinto beans (1 lb.) (see tip, recipe intro)

3 cups chopped fresh cremini mushrooms (8 oz.)

1 cup chopped red bell pepper

¾ cup chopped yellow onion

¾ cup chopped poblano chile (see tip, recipe intro)

3 tablespoons chopped canned chipotle chiles in adobo sauce

3 tablespoons no-oil-added almond butter

6 cloves garlic, minced

1½ tablespoons unsweetened cocoa powder

1½ teaspoon ground cumin

½ teaspoon ground cinnamon

4½ cups low-sodium vegetable broth

2 15-oz. cans no-salt-added diced tomatoes, undrained

¼ cup masa harina

½ of a medium avocado, peeled and chopped

¼ cup thinly sliced or slivered radishes

Chopped fresh cilantro (optional)

An Instant Pot or other pressure cooker is a great fuss-free way to transform dried beans, which are inexpensive and taste even better when cooked from scratch, into this warmly spiced mole chili. Canned tomatoes and meaty mushrooms add umami goodness, while masa harina—nixtamalized corn flour traditionally used for tortillas and tamales—thickens the chili with a distinct, nutty, and more complex corn flavor you won't get from plain cornmeal. Serve as a hearty side or as a main dish over brown rice, quinoa, or a baked potato, garnished with sliced avocado, radish, and fresh cilantro.

## Tips

**Gluten-free version:** Use a gluten-free brand of canned chipotle chiles in adobo sauce.

**To quick-soak the beans:** In a Dutch oven combine beans and 8 cups cold water. Bring to boiling; reduce heat. Simmer, uncovered, 2 minutes. Remove from heat. Cover and let stand 1 hour. Rinse and drain.

**Forgot to soak your beans?** We find that the final bean texture is a little nicer when you soak them before cooking in a pressure cooker, but it's not essential. Pressure cookers handle unsoaked beans just fine—just add 20 minutes to the cooking time.

**Gloves:** Chile peppers contain oils that can irritate your skin and eyes. Wear plastic or rubber gloves when working with them.

For more inspiration, check out these tasty ideas:

- Mole-Style Chili with Tamale Croutons
- Easy Mole Sauce
- Instant Pot o' Beans
- Instant Pot Mushroom-Barley Stew

By Ellen Boeke

1 Place beans in a medium bowl. Add water to cover by 1 inch. Let soak at room temperature overnight; rinse and drain. (Or use the quick-soak method: See tip in recipe intro.)

2 Turn an electric pressure cooker to Sauté setting. Add mushrooms, bell pepper, onion, and poblano chile; cook 8 minutes or until just tender, stirring occasionally and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking. Add the next six ingredients (through cinnamon); cook and stir 1 minute. Stir in soaked beans, broth, and tomatoes.

3 Lock lid in place; set pressure valve to Sealing. Set cooker on high pressure to cook 20 minutes. Let stand 15 minutes to release pressure naturally. Carefully release any remaining pressure. Open lid carefully.

4 In a small bowl stir together masa harina and ⅓ cup water. Turn pressure cooker to Sauté; stir in masa harina mixture. Cook 5

minutes or until thickened, stirring occasionally. Top chili with avocado, radishes, and cilantro (if using).