

# Dave's Sweet Hot Chili

Sunday, May 28, 2023

When I made originally made this recipe a few times in November and December 2020, it was hit and miss.

The first few times were hits, as the beans turned out properly, completely cooked. But I just felt I was lucky. Other times were not so great, and I either lived with it and ate the batch with slightly crunchy beans, or I attempted to slow cook the batch for a little while longer, thinking it wasn't enough time or heat, or they were just "bad" beans. I found that when I slow-cooked the batch on "HIGH" for an additional four (4) hours, it seemed to do the trick, and they turned out great!

These inconsistencies made me investigate how to cook beans completely. It seems that in an electronic pressure cooker, like my Instant Pot, the correct amount of time is one hour (60 minutes) – which is what the Instant-Pot/multi-cooker guide says the "Multigrain" setting does (with an additional pre-warming of 40+ minutes), and it's nearly what the Bob's Red Mill® bean soup label says to cook beans for in a pressure cooker (50 minutes).

In the beginning, I had been afraid of overcooking my beans in a pressure cooker and making mush of them. However, I've been cooking my beans now for at least **60 minutes** (instead of my original 25 – 30 minutes), and every batch has had no crunchy, undercooked beans. The beans have been just fine – not mush. So here is the latest version of this recipe.

In the pressure cooker pot, I pre-soak overnight (or quick-soaked by bringing them to a boil on "Manual" for just 2 minutes and then letting them soak for 4 hours) the following in 2 quarts of water:

- 2 lbs. of **beans** (black beans, red beans, pinto beans, white beans, black-eyed, or a blend)

While the beans soak, I prepare/combine the following ingredients into an 8-cup (2-quart) mixing bowl:

- 30 – 32 oz. of **tomato sauce** (I prefer low-sodium, but sometimes combine w/ a 16 oz. can of **Manwich**® sauce.)
- 10 oz. can of **RO\*TEL**® **Original Diced Tomatoes and Green Chiles**
- a generous ¼ cup of **molasses**
- 2 cups of **apple sauce** \_\_\_\_\_ **(REMEMBER to thaw homemade applesauce from the deep freezer!)**
- a generous splash of **liquid smoke**
- a generous splash of **Bragg**® **Liquid Aminos**
- 4 tsp. of **mustard powder**
- a sprinkling of ground **rosemary**
- 4 tbsp. of **date sugar** or **date syrup**
- 4 tbsp. of **garlic** (finely chopped/minced)
- 2 **chipotle peppers** (finely chopped/minced)
- ¼ cup (or 50 ml sample bottle) of **whiskey** or **bourbon** (OPTIONAL)
- enough **water** to bring all combined ingredients to 8-9 cups (2+ quarts)

Also, while the beans soak, I prepare and combine the following in a separate bowl:

- 2 **onions**, chopped/diced
- 2 **bell peppers**, chopped/diced (I've used other colors at times because of the price, but I prefer **red**.)
- 16 oz. / 1 lb. bag of frozen **corn** (without the bag)
- 1 pkg. **meat-less crumbles**... I've used **Gardein**™ **The Ultimate Beefless Ground**, and **LiteLife**™ **SMART GROUND**® **PLANT BASED CRUMBLES**. Both are *very* low in fat.

After the beans soak, I drain them, rinse them, and put them back into the pressure cooker pot.

To the beans I add the 8 – 9 cups of liquid prepared ingredients and give all of it a good stir to make sure the beans are not stuck or clumped together. I often add more water, so the liquid level is just below the "PC MAX" fill line in the pot to make sure there's enough liquid to boil, generate steam, pressurize the pot, and prevent scorching at the bottom. On top of that mixture, I gently add the onions, peppers, corn and crumbles, and I just let them sit on top. No stirring.

With the lid locked in place, I press "Manual" on the pressure cooker and make sure the time is set to **60 minutes**.

After it pressurizes and cooks for the entire 60-minute cycle, I turn the cooker completely off – no warming, and I wait (typically about 1 – 1 ½ hrs.) for the cooker to depressurize naturally – on its own – before I open the lid.

Once depressurized, I open the lid and stir in the following (to taste) and let it sit for a while to permeate and thicken:

- a generous splash of **balsamic vinegar**
- a few dollops of a good **barbecue sauce**
- ½ - 1 cup of **textured soy** (or "soya" from the Mexican ingredients section in stores)

**Excellent!** (Especially with a splash of **lime juice** and/or some freshly chopped **cilantro**.)