

Cabbage Roll Chili

ELECTRIC PRESSURE COOKER

NOTES

- Many people get frustrated when pressure cooking dishes that include tomatoes, or other sauce elements that create a thick sauce. This can easily cause electric pressure cookers can show a "BURN" notice and stop the cooking process. To prevent this, we use a layering technique where the thicker sauce elements are added at the end, and placed on top WITHOUT STIRRING it into the rest of the ingredients. This can be seen in Step 8 of this recipe.
- The "Cook Time" includes the time it takes to get up to pressure and the time needed to release it.
- If you have a larger can of diced tomatoes, you can still use it. Simply add up all of the liquid required. For example, if you have a 28 fl oz can of tomatoes, adjust the amount of broth needed so that the total liquid is 46 fl oz. In this case we would now need 18 fl oz of broth instead of 32. Make sure that you use a minimum of 16 oz of water or broth.
- This recipe freezes very well.



INGREDIENTS

- 1 lb Ground Beef, Ground Turkey, or ground pork
- 1 Small Yellow Onion, chopped
- 2 Bay Leaves
- 4 Large Cloves Garlic, pressed or minced (or 2 Tsp Dried Garlic)
- 2 Tsp Paprika
- 1/2 Tsp Coarse Salt (or 1/4 Tsp table salt) more to taste
- 1/4 Tsp Pepper (or more to taste)
- 1 Tsp Oregano
- 1 Small-Med Head (approx 4 Cups chopped) of Green Cabbage, chopped in 2" pieces
- 4 Cups (32 fl oz or 1 L) Broth (Water can also be used)
- 1 Tbsp Balsamic Vinegar
- 1 Tbsp Soy Sauce
- 1 Cup Long Grain White Rice, rinsed but uncooked
- 1 (14 fl oz) can Diced Tomatoes, with juice
- 2 Tsp Sugar

DIRECTIONS

1. Gather all of your ingredients before you begin. This is important because the recipe comes together very quickly.
2. Turn on the electric pressure cooker's Sauté setting. Allow it to heat up.
3. When using ground pork or beef: simply add it to the pot and start browning it. Once browned, add the onions and cook for about 3 minutes.
4. If using ground chicken or turkey: Once the pot is hot, add 1 Tbsp olive oil to the pot and then add the onions. Cook onions for 3 minutes, then add the ground chicken or turkey.
5. Add the bay leaves, garlic, paprika, salt, pepper, oregano. Saute, stirring constantly, for about a minute.
6. Add the broth, balsamic vinegar, and soy sauce. Stir well and make sure and bits on the bottom of the pot are scraped off with a wooden spoon.
7. Stir in the cabbage and the rice. Let heat mixture up for about 3 minutes. Give mixture a final stir.
8. Add the diced tomatoes, and sugar over the cabbage mixture, but DO NOT stir.
9. Put the lid on the pot and lock it in place. Double check that the steam release knob is in the Sealing position.
10. Cancel the Saute function and set to: Pressure Cook/Manual on High for 5 minutes. You can leave the Hold Warm feature on so that you can easily keep track of how long it has been since the cooking cycle finished.
11. When the cooking cycle is done, allow it to sit for 10 minutes. Then do a Controlled Quick Release to manually release the rest of pressure. This technique lets out a little steam at a time without letting it spit or gush out. Use the handle of a wooden spoon to gently push on the steam release knob so that you can control how quickly it is released. Do not push the knob all the way so it is full open. This will take a few minutes.
12. Once the pressure indicator pin in the lid drops down, open the lid carefully and give the contents a stir.
13. Serve with buns or tortilla chips.

