

## **Instant Pot Chili**

Makes 4 small bowls (double the recipe for bigger portions and freeze any extra!)

### **Ingredients:**

- 1 Tablespoon extra-virgin olive oil
- 1 small onion, chopped
- 3 cloves garlic, minced
- 3 Tablespoons tomato paste
- 1 lb. ground turkey, beef or bison
- 1 cup beef broth
- 1 can (15.5 oz.) pinto beans, drained and rinsed
- 1 can (14.5 oz.) fire-roasted diced tomatoes
- 1 Tablespoon chili powder (or more to taste)
- 1/4 teaspoon ground cumin
- 1/2 teaspoon dried oregano
- 1/2 – 1 Tablespoon brown sugar (to taste)
- 1/2 Tablespoon Worcestershire sauce
- 1 Tablespoon white balsamic vinegar
- Salt and pepper

**For serving:** Fritos, sour cream, grated cheese, chives, avocado, cilantro

### **Instructions:**

1. Heat olive oil in the instant pot insert using the sauté function. Add onions and cook until soft. Add garlic and tomato paste, and cook for about 30 seconds, stirring frequently to avoid burning. Add ground beef or turkey, breaking up meat with a wooden spoon, until cooked through, about 6-7 minutes. Add broth, beans, roasted tomatoes, chili powder, cumin, oregano, sugar, Worcestershire, vinegar, salt and pepper. Scrape up any brown bits off the bottom of the pan and stir to combine.
2. Lock lid on Instant Pot and set to high pressure on the manual setting. Cook for 10 minutes. Release pressure immediately and remove lid carefully. Taste and adjust salt if needed. Serve with Fritos, sour cream, cheese and chives. Yum!