

INSTAPOT CHILI

Just as there are countless ways to make chili, there are just as many ways to serve it. Try it on a bed of cooked greens or whole grains. Use it as a taco filling. Toss it with whole wheat pasta. Top baked sweet potatoes or winter squash with it. Experiment and enjoy!

What you'll need:

- 2 cups Light Vegetable Broth
- 1 onion chopped
- 1 bell pepper (any color) chopped
- 2 garlic cloves minced
- 1 small hot chili pepper seeded and minced
- 2-3 cups chopped mushrooms
- 2 tablespoons chili powder or to taste
- ¼ cup tomato paste
- 1 can diced, salt-free tomatoes
- ½ cup dried red lentils
- 1.5 cups cooked kidney or pinto beans, drained and rinsed or 1 15.5 oz BPA-free can
- 1.5 cups cooked black beans, drained and rinsed or 1 15.5 oz BPA-free can
- 2 tablespoons liquid aminos
- 1 teaspoon vinegar
- ¼ teaspoon ground turmeric
- 1 teaspoon cumin
- 1 teaspoon smoked paprika
- ¼ teaspoon black pepper



Instapot Instructions:

On sauté mode (10 minutes), add onions and cook until soft. Make sure to add a small amount of water to keep them from burning. Add all remaining ingredients. Using PRESSURE COOK (high pressure) set time for 20 minutes.

**recipe from Dr. Michael Greger & Robin Robertson from The How Not to Die Cookbook*