

Instant Pot Turkey Chili

Prep Time: 15 minutes

Cook Time: 28 minutes

Ingredients:

2 Pounds Ground Turkey

6 slices thick cut nitrate free bacon (chopped to half inch pieces)

1 Can (15 ounces) Black beans, drained and rinsed

1 Can (15 ounces) Kidney beans, drained and rinsed

1 Can (28 ounce) Fire Roasted diced tomatoes, drained

1/2 can (1 cup) tomato sauce

1 Can (6 ounce) Tomato paste

2 medium yellow onion chopped fine

1 Red bell pepper seeded and chopped

1 Orange Bell Pepper seeded and chopped

1 Jalapeño seeded and minced (optional)

1.5 Cups Chicken stock

6 medium garlic cloves minced

1/4 cup chili powder

1 Tablespoon Worcestershire sauce

1 Teaspoon Dried oregano

1 Teaspoon Ground cumin

2 Teaspoons Kosher salt

1 Teaspoon ground black pepper

1 Teaspoon smoked paprika

1. Set instant pot to sauté function. When pot is hot add bacon. Sauté until crisp. Remove with slotted spoon and drain on paper towel.
2. Reserve the residual oil in the pan and add bell peppers. Cook until slightly soft. Remove from pot with slotted spoon. Add onion and sauté until soft. Add garlic and cook until fragrant about 2 minutes more. Add the turkey to the pot with onion mixture and cook until browned. Add additional 2 teaspoons olive oil for browning as needed. Return bacon to pot. Add all remaining ingredients to pot, except reserved bell peppers and stir to gently to combine.
3. Cover with lid and ensure vent set to pressure. Set the instant pot to chili function and cook for 18 minutes. When cooking time complete, allow pressure to release naturally for 10 minutes, then manually release pressure by turning vent to pressure release.
4. Return peppers to pot, stir to combine. Adjust salt as necessary. Return to sauté function and allow chili to simmer gently for additional 8 minutes.
5. Serve chili over brown rice, with chopped cilantro, and onions.

Notes: The bell peppers are reserved from the chili until the very end of cooking to prevent overcooking. This Chili can also be made in the slow cooker by following all directions as described. Cooking on low for 5 hours and adding bell peppers to pot about 15-30 minutes prior to serving.