

Instant Pot Meat Free Chili

Assembly Time:

10 minutes

Cook Time:

30 Minutes

Ingredients:

- ◆ 2 – 14 oz Cans Organic Fire Roasted Tomatoes
- ◆ 1– 15 oz Cans Organic Pinto Beans
- ◆ 1 – 15 oz Can Organic Black Beans
- ◆ 2 Tablespoon Avocado Oil
- ◆ 1 Pound Thawed Beyond Meat – 4 Patties
- ◆ 1 Yellow Onion Chopped
- ◆ 2 Organic Red or Yellow Bell Peppers Chopped
- ◆ 2 Tablespoons Organic Chili Powder
- ◆ 1/4 Tablespoon Salt
- ◆ 1 Stick of Crumbled Kombu

Instructions:

1. Turn on Instant Pot and select Sauté. Add oil, onion, and bell peppers. Sauté until tender, and cook until fragrant. Stir in crumbled meat, and add beans, tomatoes, Kombu, salt, and chili powder. Turn off.
2. Put the lid on, make sure it's in seal mode. Select high pressure for 5 minutes.
3. Quick release for 5 minutes. Unlock and remove the lid.

