



All About Adobo Turkey Chili



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1/6th of recipe (about 1 cup): 221 calories, 5.5g total fat (2g sat. fat), 553mg sodium, 22.5g carbs, 6.5g fiber, 7.5g sugars, 21g protein

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Prep: 10 minutes **Cook:** 40 minutes

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Ingredients

1 lb. raw lean ground turkey (7% fat or less)
1/4 tsp. each salt and black pepper
One 15-oz. can red kidney beans, drained and rinsed
One 14.5-oz. can diced tomatoes (not drained)
1 cup chopped onion
1 cup chopped red bell pepper
1 cup canned crushed tomatoes
2 tbsp. chopped canned chipotle peppers (previously packed in adobo sauce) + 2 tsp. canned adobo sauce
2 tsp. chopped garlic
1 tsp. chili powder
1 tsp. ground cumin
Optional toppings: sliced radishes, lime wedges

Directions

Press the Sauté button on the Instant Pot. Add turkey, and sprinkle with salt and black pepper. Cook and crumble for about 5 minutes, or until fully cooked.

Press the Keep Warm/Cancel button to turn off the Instant Pot.

Add remaining ingredients, and mix well.

Cover with the lid, aligning the lid arrow with the arrow marked Open. Rotate until aligned with the Close arrow. Set the pressure release valve to the Sealing position.

Press Manual/Pressure Cook, and set time for 10 minutes. (The Instant Pot will preheat for 10 - 15 minutes).

Let cool down naturally for 10 minutes in Keep Warm mode. (Instant Pot automatically goes into this mode after cook time ends).

Press Cancel. Turn the pressure release valve to the Venting position. Holding the lid handle, turn to the Open position and lift.

MAKES 6 SERVINGS

HG Tip: Use a dish towel or potholder to remove the lid, allowing steam to escape gradually before uncovering the pot completely.

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