

Ashley's Meal Prep Monday!



Instant Pot Turkey Chili

INGREDIENTS

- 1 lb ground turkey
- 1 onion, diced
- 2 cloves garlic, minced
- 2 cups chicken broth
- 1 green pepper, diced
- 14 oz crushed tomatoes
- 14.5 oz fire roasted salsa style diced tomatoes
- 1 can kidney beans, rinsed and drained
- 1 can black beans, rinsed and drained
- 1/4 cup uncooked quinoa (optional)
- 1 can corn, drained (optional)
- 6oz tomato paste
- 1 1/2 TSP chili powder
- 1 1/2 TSP cumin
- 1 TSP salt
- 1/2 TSP pepper
- 1/4 TSP garlic powder



Turn on Instant Pot to saute setting. Add ground turkey and break it up with a wooden spoon. Brown for a couple of minutes before adding in onion and garlic. Saute until the onion are translucent.

Add in each ingredient individually.

Cover and secure the lid. Set valve to "sealing." Set the manual pressure button to cook 5 minutes on high pressure. When it beeps, let the pressure release naturally for about 10 minutes, or longer if you have time. Move valve to venting and open the lid when done.

Stir and season to taste. You may want to add in more chili powder, salt/pepper, etc.

Enjoy and serve with your favorite toppings: avocado, green onion, shredded cheese, sour cream, corn chips

Don't forget the corn bread!

CARTWRIGHT'S
MARKET