

Instant Pot Turkey Chili

Our lean turkey chili is not only hearty and absolutely delicious, but it's also chock-full of fiber, protein, and nutrients. It's perfect for a comforting weeknight dinner, and you'll have leftovers for lunch the next day. Be sure to top it with your favorite chili toppings.

Yield: 6

Prep: 11 minutes

Cook: 7 minutes

Total: 18 minutes



Ingredients

- 2 tablespoons avocado oil or olive oil, divided
- 3 cups peeled and diced sweet potatoes (about 2 medium potatoes)
- 1 large onion, finely diced
- 2 garlic cloves, minced
- 1 pound lean ground turkey
- 1 tablespoon chili powder
- 1/2 tablespoon ground cumin
- 1/4 teaspoon dried oregano
- 1/4 teaspoon paprika
- 1/4 teaspoon black pepper
- 1 teaspoon salt
- 1 tablespoon tomato paste
- 1 (15-ounce) can petite diced tomatoes, liquid and all
- 2 cups vegetable or chicken broth
- 1 (15-ounce) can cooked black beans, drained and rinsed
- Topping ideas for serving: hot sauce, diced avocado, sour cream or plain Greek yogurt, shredded cheddar, diced onions, salsa, thinly sliced green onion, etc.

Instructions

Make It Now:

1. Set the 6-quart Instant Pot to "Saute" Pour in 2 tablespoons of the oil and heat until shimmery. Add the sweet potatoes and onions and cook, stirring, for about 4 minutes, until they start to soften, seasoning lightly with salt and pepper while they cook. Transfer the sweet to a plate and set aside.
2. Pour the remaining 1 tablespoon oil into the pot and heat until shimmery. Add the ground turkey and cook, stirring and breaking up the meat as it cooks, until the meat is cooked through and no longer pink, 5 to 7 minutes, seasoning lightly with salt and pepper as the mixture cooks.
3. Add in the garlic for the last 30 seconds, being careful not to burn it. Press "Cancel."
4. Combine the rest of the ingredients in the Instant Pot: sauteed veggies, broth, tomatoes, tomato paste, beans, chili powder, cumin, paprika, oregano, salt, and pepper.
5. Lock and seal the lid. Cook at high pressure for 7 minutes, then quick release the pressure.
6. Taste and season with salt and pepper and serve warm.

Freeze For Later: Fully cook the soup as directed. Let cool and transfer to storage containers or airtight freezer bag.

Prepare From Frozen: Thaw the chili completely. Rewarm on the stove or in the microwave.

Notes/Tips

Side Dish Ideas: Cornbread, Avocado Lime Salsa or Guacamole with Tortilla Chips

Substitutions/Variations:

- Ground Turkey – You could use ground chicken
- Petite Diced Tomatoes – You can use regular diced tomatoes or fire roasted diced tomatoes
- Sweet Potato – Butternut Squash could work
- Black Beans – You could substitute kidney beans

nutrition facts

Serves 6

Calories Per Serving: **307**

% DAILY VALUE

Total Fat 11.8g	15%	Cholesterol 57.7mg	19%	Sodium 1135.3mg	49%	Total Carbohydrate 30.9g	11%
Dietary Fiber 8.7g	31%	Sugars 5.7g		Protein 21.1g	42%		

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Cuisine: American **Method:** Instant Pot

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