

Meal 1: Instant Pot Vegetable Loaded Turkey Chili

Price per serving: \$1.62

Author: Jessica Beacom

Prep time: 15 minutes

Cook time: 15 minutes

Yield: Serves 6

Dairy-free, nut-free, and grain-free

Ingredients:

1 lb lean ground turkey

1 tbsp olive oil

2 large garlic cloves, minced

½ medium onion, diced

1 small zucchini or yellow squash, diced

1 medium carrot

2 tbsp chili powder

1 tbsp ground cumin

Dash of cayenne (optional)

1 (15 oz) can tomato sauce + 1 can of water or broth

1 (15 oz) can black beans, drained and rinsed

1 cup corn, frozen

Salt and pepper, to taste

Optional: diced avocado, chopped cilantro, shredded cheese, sour cream or Greek yogurt, and/or lime wedges for serving.

Instructions:

1. Select "Saute" on the Instant Pot and add the oil. Once the oil is hot, add ground turkey, garlic, onions, bell pepper, zucchini (or yellow squash), and carrots and saute for 7-9 minutes or until meat is cooked and no longer pink.
2. Add chili powder, cumin, cayenne (if using), tomato sauce, water or broth, crushed (or diced) tomatoes, black beans, and corn. Stir to combine. Lock lid into place and flip valve to sealing position.
3. Cook on high pressure for 15 minutes. Allow for 10-15 minutes of natural pressure release before flipping valve to venting position to release any remaining pressure.
4. Remove the lid. Stir and season with salt and pepper to taste.

Serving size: 1 ½ cups

Nutrition Facts

Servings 6.0

Amount Per Serving

calories 465

% Daily Value *

Total Fat 6 g	10 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 40 mg	13 %
Sodium 257 mg	11 %
Potassium 1886 mg	54 %
Total	
Carbohydrate 66 g	22 %
Dietary	
Fiber 18 g	70 %
Sugars 15 g	
Protein 33 g	66 %
Vitamin A	576 %
Vitamin C	2652 %
Calcium	128 %
Iron	34 %

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.
