



Instant Pot Chili

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BEST EVER easy peasy **Instant Pot Chili** recipe made with ground beef and fire roasted tomatoes for big, bold flavor. Let your pressure cooker do the work on this one and enjoy a hearty no-fuss, easy cleanup meal the whole family will love!

	Course	Main Course
Cuisine	American	
Prep Time	10 minutes	
Cook Time	20 minutes	
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Total Time	30 minutes	
Servings	6 servings	
Calories	419kcal	
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Ingredients

- 2 pounds ground beef
- 1 white or yellow onion diced
- 1 tablespoon minced garlic
- 2 tablespoons chili powder
- 2 teaspoons paprika or smoked paprika
- 3 teaspoons ground cumin
- 3 teaspoons sugar
- 2 [15-ounce cans Muir Glen Organic Fire Roasted Diced Tomatoes](#)
- 2 15-ounce cans tomato sauce
- 2 cups beef broth
- 2 cans kidney beans drained and rinsed, light, dark, or both
- 2-3 teaspoons salt to taste
- ½ teaspoon black pepper
- toppings such as sour cream, shredded cheddar cheese, corn chips, cilantro, green onions

Instructions

1. Set pressure cooker to SAUTE. Drizzle the pot with a bit of oil and add onions and garlic. Saute 2-3 minutes until fragrant and tender. Transfer to a bowl and set aside. Add ground beef to the pot and saute 6-8 minutes until browned (depending on the size of your pot you may want to brown the meat in batches to make sure it gets thoroughly browned throughout.) Return onions and garlic to the pot.
2. Add chili powder, paprika, cumin, sugar, diced tomatoes, tomato sauce, beef broth, beans, 2 teaspoons salt, and pepper.

3. Cover, turn vent to the sealed position, set to MANUAL/PRESSURE COOK and set the timer for 15 minutes.
4. When time is up, do a quick release by turning the vent to the venting position, remove the lid once the float valve drops.
5. Give it a good stir, taste and add salt and pepper if needed. Serve with desired toppings.

Notes

Some favorite toppings: toppings such as sour cream, shredded cheddar cheese, corn chips, cilantro, green onions.

Nutrition

Calories: 419kcal | Carbohydrates: 6g | Protein: 28g | Fat: 31g | Saturated Fat: 12g | Trans Fat: 2g
| Cholesterol: 107mg | Sodium: 448mg | Potassium: 562mg | Fiber: 1g | Sugar: 3g | Vitamin A:
859IU | Vitamin C: 4mg | Calcium: 58mg | Iron: 4mg