

instant pot red lentil chili

SERVES 8

RECIPE ADAPTED FROM: [Chef AJ, Vegans Naturally](#)

COOK TIME: 25 minutes

2 (14.5oz) cans fire-roasted diced tomatoes
6 Medjool dates or 12 Deglet Noor dates, pitted
8 cloves garlic, peeled
2 large red bell peppers, chopped
1 large sweet onion, diced
1lb (or 2 ⅓ cups) dried red lentils
7 cups water
1 (6oz) can tomato paste
4 Tbsp apple cider vinegar
1½ Tbsp parsley flakes
1½ Tbsp oregano
1½ Tbsp chili powder
2 tsp smoked paprika
½ tsp chipotle powder
¼ tsp crushed red pepper flakes
½-1 tsp sea salt



BLEND canned tomatoes (including liquid), dates, garlic and red bell pepper in a blender until smooth.

RINSE and sort lentils in a fine mesh strainer.

PLACE blended tomato mixture, lentils and all other ingredients in Instant Pot.

CLOSE lid and seal.

SELECT "Manual" or "Pressure Cook" for 15 minutes on High Pressure.

ALLOW pressure to release naturally for 10 minutes.

SERVE with your favorite chili toppings.

Notes:

- **This recipe fits an 8 quart Instant Pot. For a 6 quart or smaller Instant Pot, you will need to cut the recipe in half or make it in 2 batches.**
- **The texture of this chili is creamy. If you prefer more texture in your chili, you can top it with a crunchy topping like parmesan crisps (baked parmesan cheese).**
- **This chili is delicious served over a baked white sweet potato (Murasaki) spread with ghee/butter, salt and pepper.**