

# instant pot pasture-raised turkey or beef chili

**SERVES 6-8**

RECIPE ADAPTED FROM: [Lexi's Clean Kitchen](#)

COOK TIME: 30 minutes

- 
- 1 Tbsp extra-virgin olive oil, or oil of choice
  - 3 cloves garlic, minced
  - 2 medium onions, diced
  - 2 bell peppers (any color), chopped
  - 2 large carrots, chopped
  - 2 celery ribs, chopped
  - 2 lbs pasture-raised ground turkey, beef or bison
  - 1 medium sweet potato, peeled and cubed
  - 1 (15oz) can diced tomatoes
  - 1 (15oz) can tomato sauce
  - 1 (6oz) can tomato paste
  - 1 cup water
  - 1 tsp fine sea salt, or more to taste
  - 1 Tbsp chili powder
  - 1 Tbsp paprika
  - ¼ tsp cayenne pepper, or more to taste
  - 1 tsp ground cumin
  - 2 tsp celery seed
  - ½ tsp ground black pepper, or more to taste
  - Red pepper flakes, to taste
  - 1 (15oz) can black beans or cannellini beans, rinsed and drained
  - 1 (15oz) can red kidney beans, rinsed and drained
  - 1 small jalapeno pepper, finely chopped, optional

SET Instant Pot to Sauté and wait until the panel says Hot.

ADD oil and heat for 1-2 minutes.

ADD garlic, onions, peppers, carrots and celery and sauté until veggies are soft, about 4-5 minutes.

ADD meat and cook until brown.

ADD sweet potato, tomatoes, tomato sauce and paste, water, salt and spices.

LOCK the lid and cook on Manual for 15 minutes on High Pressure.

TURN the knob to venting and release the pressure manually OR let the pressure naturally come down.

OPEN lid and taste the chili.

ADD beans and adjust seasoning, if needed.

---

## Notes:

- **If you added too much water, use the Sauté function for a few minutes to reduce the water down!**

