

## CHILI IN AN INSTANT POT Hearty Vegetarian SPICE COMBO INCLUDED

This combo tastes amazing as chili.

I am posting if for ONE AWESOME CUSTOMER that came through my line last night. I can't remember your name but I hope you find this post and can create an amazing chili in your Instant Pot!

4T chili powder  
2T cumin powder  
1t onion powder  
1t red pepper flakes  
1t paprika  
1t oregano  
2t salt  
3t black pepper

Blend it all with a fork in a bowl. Store it in a regular jar with a good lid.

This will make a LOT of chili spice!

### INSTANT POT CHILI

1 drizzle (to cover ¼ the base of the IP)  
EVOO  
1 onion, chopped  
3 garlic cloves, chopped  
2 c shredded and chopped kale  
2 carrots, shredded in the food processor  
(makes 1 cup of shredded carrots)  
1 russet potato, cubed to dice size  
  
1 can (14 oz) stewed tomato  
2T of above spice combo  
2 cans (14oz) drained kidney beans  
1 can (14oz) drained pinto beans  
1 jar (24oz) of Rao's Marinara sauce

### PREPARE EVERYTHING IN ADVANCE!

Drain beans  
IP on SAUTE, add EVOO

Add onions, sauté a minute or two  
Add garlic, stir and sauté another minute  
Add carrot and blend/stir with a spoon  
Add kale, blend with a spoon

All of that should be tossed and combined  
Add chopped potato  
Add entire can stewed tomato (juice and all)  
Stir in the 2T of chili spice blend

Add beans  
Stir

Add Rao's marinara sauce  
Fill the glass jar you just emptied with water,  
put the lid on it and shake it to get all  
remaining sauce then add to IP

Place lid on IP  
Put pressure valve to CLOSED position  
Manual settings: HIGH  
Time: 25 minutes

Allow pressure to release on its own. If you are in a hurry, you can release it (pull the valve toward you and stand clear). Make sure your IP valve release area has space. I often place a dish towel over it to try to reduce the spray. Open when the valve indicator has dropped (to the right of the valve itself).

I made home-made corn bread from scratch with my chili and it was deeeelish!