

# Instant Pot Taco Chili

## PREP TIME:

12 minutes

## COOKING TIME:

23 minutes total

## SERVES:

4 - 6

in a pinch, you can skip the sauté steps in preparation.



## INGREDIENTS:

2 tbsp light olive oil  
1 cup / 1 medium onion, diced  
1 cup / 1 red bell pepper, diced  
1lb ground beef  
1 Southwest Fiesta blend  
1 x 14oz can kidney beans, drained  
6 tbsp / 1 x 5 oz can tomato paste  
1 cup / 1 x 8 oz can corn, drained  
1 cup / 2 1/2 fl oz water  
*toppings*  
cilantro, sour cream, shredded cheese

## PREPARE:

heat oil in Instant Pot on medium sauté function and cook onion and red pepper for 3 minutes.

add ground beef and brown for 3 minutes

turn off sauté function

stir in Southwest Fiesta blend, kidney beans, tomato paste, corn, and water

secure Instant Pot lid & set pressure valve to Sealing

cook on Manual / Pressure Cook for 12 minutes

once cooked turn the dial to Venting to Quick Pressure Release

leave to rest for 3-4 minutes

serve topped with sour cream, crushed tortilla chips, shredded cheese