

MORTON & BASSETT SPICES®

Instant Pot Pumpkin Chili



- 1 tablespoon neutral cooking oil
- 1 lb. ground beef
- 1 tablespoon Morton & Bassett Garlic Powder
- ½ teaspoon Morton & Bassett Onion Powder
- 1 teaspoon Morton & Bassett Ground Cumin
- ½ teaspoon Morton & Bassett Guajillo Chili
- 1 yellow onion, chopped
- ½ tablespoon Morton & Bassett Pumpkin Spice
- 1 green bell pepper, chopped
- 2 cans kidney beans
- 2 cans crushed tomatoes
- 1 can pumpkin puree
- 1 teaspoon salt

TOPPINGS: Sour Cream, Cilantro, Avocado

Set the instant pot to saute and add in oil. Once oil is shimmery, add in ground beef. Saute until just a little pink, 5-7 minutes. Add in garlic powder, onion powder, cumin, guajillo chili, pumpkin spice, and salt. Stir until fragrant. Add in chopped onion and bell pepper, saute for 5 minutes. Add in kidney beans, tomato puree, pumpkin puree, stock and ½ tsp of salt. Stir together before placing on the lid, then set the instant pot for 20 minutes on manual mode, high heat. You can also use the chili or stew option for 25 minutes. Once done, let it naturally release for 5 minutes before releasing pressure. Serve with sour cream, fresh cilantro leaves and avocado.



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