

## **Build Your Own Chili** (vegan, vegetarian, beans or no beans, Whole30... chili your way)



*These instructions are for an Instant Pot (IP), but adapt as needed to use traditional stovetop for sauté steps and slow cooker or stovetop for simmering your chili.*

### **Step 1: Meat or no meat?**

If not using meat, skip to **Step 2**.

Using Sauté mode on IP, add a swirl of EVOO

Cook 1 lb of ground meat (I use turkey) into crumbles.

### **Step 2: Choose your veg approach**

Use Sauté mode on IP & stir frequently as you add items.

No prep method: Add a jar of salsa and skip to **Step 3**

Chopped veg method: Add any or all of the listed items, season with salt & pepper based on how much veg you add.

- Chopped onion
- Chopped celery
- Chopped carrot
- Chopped zucchini
- Chopped bell pepper
- Chopped white potato
- Chopped sweet potato

### **Step 3: Beans or no beans?**

If not using beans (e.g. for Whole 30), skip to **Step 4**.

Add any or all of all of the following:

- 15 oz. can of kidney beans
- 15 oz. can of black beans
- 15 oz. can of white beans

### **Step 4: Add tomatoes**

Add 28 oz. can crushed tomatoes

Add 28 oz. can diced tomatoes

### **Step 5: Add chili seasoning**

No prep method: add a packet of premixed chili seasoning

Or add approximately:

1 Tbs chili powder

½ Tbs each: cumin, paprika, smoked paprika

¾ tsp garlic powder

If you did not add salt & pepper while sautéing, add ½ - ¾ tsp of each now.

Cook, high pressure 10-15 min (less for salsa version, more for dense veg, like sweet potatoes).

After cooking, adjust the seasonings to taste.

Top with shredded cheese, sour cream, or plain yogurt as you prefer.

Serve over a baked potato, beside a grilled cheese sandwich, as a dip for tortilla chips, or just a plain old bowl of chili.