

Instant Pot Chili

INGREDIENTS

- 1 tbsp. extra-virgin olive oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 2 tbsp. tomato paste
- 1 1/2 lb. ground beef
- 2 c. low-sodium beef broth
- 1 (15-oz.) can kidney beans, rinsed and drained
- 1 (15-oz.) can black beans, rinsed and drained
- 1 (15-oz.) can fire roasted diced tomatoes
- 1 1/2 tbsp. chili powder
- 1 tsp. ground cumin
- 1 tsp. dried oregano
- 1/2 tsp. cayenne
- Kosher salt
- Freshly ground black pepper
- Shredded Cheddar, for serving
- Sour cream, for serving
- Fritos, for serving
- Thinly sliced green onions, for serving

DIRECTIONS

1. Set Instant Pot to Sauté function and add oil. Add onion and cook until soft, 5 minutes. Stir in garlic and cook until fragrant, 1 minute, then add tomato paste, stirring to combine. Add ground beef and cook, breaking meat up with a wooden spoon, until no longer pink, 7 minutes. Drain fat, if necessary.
2. Return insert to Instant Pot and add broth, beans, tomatoes, and seasoning. Season with salt and pepper. Lock lid and set to Pressure Cook on High for 14 minutes.
3. Follow manufacturer's instructions to quick release, then remove lid. Serve with desired toppings.