**Instant Pot Butternut Squash and White Bean Chili**

**Ingredients**

* 1 1/2 cups (280g) dry cannellini beans
* 2 tablespoons olive oil
* 1 medium yellow onion, chopped
* 1 poblano chili, seeded and chopped
* 3 medium cloves of garlic, chopped
* 1 tablespoon ground cumin
* 2 teaspoons ground coriander
* 2 teaspoons Mexican oregano
* 3 cups (380g) butternut squash, cut into 1/2-inch cubes
* 2 1/2 cups (592ml) low-sodium chicken or vegetable broth
* 1/2 cup (75g) frozen corn
* 3/4 teaspoon salt
* 1/2 teaspoon black pepper
* 1/4 cup cilantro, chopped
* 1 lime, cut into 4 wedges

**Directions**

The night before cooking, [**soak the beans**](https://blog.myfitnesspal.com/veg-out-how-to-make-better-beans-seriously-soaking-matters-plus-pinto-bean-sloppy-joe-recipe/). Place the beans in a large bowl and cover with 10 cups cold water; soak for 8–12 hours. Drain and rinse thoroughly.

To make the chili, put the oil in the Instant Pot, select sauté and adjust to more/high heat. When the oil is hot, add the onion and poblano chilies and cook, stirring occasionally, until the onions are tender, 5 minutes. Add the garlic, cumin, coriander and oregano, and cook until fragrant, 45 seconds. Press cancel.

Add the beans, squash, broth, corn, salt and pepper to the pot. Lock the lid, turn valve to “sealing,” select the pressure cook function and adjust to high pressure; set timer for 20 minutes.

When cooking time is up, let the pressure naturally release for 10 minutes, then quick release the remaining pressure. Stir in the cilantro. Serve with lime wedges on the side.

**Serves: 6 | Serving Size: 1 cup/270g**

**Nutrition (per serving):** *Calories: 265; Total Fat: 6g; Saturated Fat: 1g; Monounsaturated Fat: 4g; Cholesterol: 0mg; Sodium: 332mg; Carbohydrate: 42g; Dietary Fiber: 9g; Sugar: 4g; Protein: 14g*