



## Instant Pot Vegetarian Chili

### Ingredients

- 1 tablespoon olive oil
- 1 medium yellow onion ¼-inch diced
- 2 medium sweet potatoes peeled and ½-inch diced
- 2 medium red bell peppers ¾ -inch diced
- 4 cloves garlic minced
- 1 tablespoon chili powder
- 1 teaspoon chipotle chili powder
- 1 teaspoon ground cumin
- 1 ¼ teaspoons kosher salt
- 2 ½ cups low-sodium vegetable broth
- 1 (8-ounce) can low-sodium tomato sauce
- ½ cup uncooked quinoa
- 1 can black beans, rinsed and drained
- 1 can red kidney beans, rinsed and drained
- ½ teaspoon granulated sugar

### For Serving

- Sliced avocado
- Chopped fresh cilantro
- Shredded cheese
- Crushed tortilla chips
- Nonfat plain Greek yogurt or sour cream

### Instructions

1. Add olive oil to the Instant Pot. Turn to SAUTE. Once the oil is hot, add the onion and cook until beginning to soften, about 3 minutes. Add sweet potatoes, bell pepper, garlic, chili powder, chipotle chili powder, cumin, and kosher salt. Cook for 1 to 2 additional minutes, until the garlic is fragrant.
2. Add half of the vegetable broth, stir and scrape up any stuck-on bits of food (this will prevent a burn warning). Stir in the remaining broth and the quinoa. Pour the tomato sauce on top (do not stir again).
3. Cover and seal the Instant Pot. Cook on manual (HIGH) pressure for 8 minutes. Immediately release the pressure. Carefully open the Instant Pot.
6. Turn the Instant Pot to OFF. Stir in the black beans, kidney beans, and sugar. Place the lid back on top and let stand 10 minutes to thicken. Uncover. Taste and adjust seasoning as desired. Serve hot, with any and all the toppings!