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Instant Pot Turkey Chili

Chili is a delicious, soul-warming recipe perfect for a lazy evening at home. A great source of protein and complex carbs, this is an ideal meal after a hard workout session.

This recipe features cocoa powder, which brings a unique flavor to the dish. Don't let this unusual ingredient scare you off! You'll soon wonder how you made chili without it. Top this all off with the addition of apple cider vinegar and you've got an extraordinary one-course meal.

Serving Size: 2-1/2 cups

Serving Size: 5

Prep Time: 10 min.

Cook Time: 25 min.

Ingredients

- 1-1/2 lbs. ground turkey breast
- 1 large onion, diced
- 5 cloves garlic, minced
- 28 oz. can crushed tomatoes
- 1 can red kidney beans, rinsed and drained
- 1 can white beans, rinsed and drained
- 1 tbsp chili powder
- 1 tbsp ground cumin
- 1 tsp dried oregano
- 1 tbsp olive oil
- 1 tbsp apple cider vinegar
- 1 green pepper, diced
- 1 red pepper, diced
- 1 onion, diced
- 1 cup low-sodium beef broth
- 1 tbsp fish sauce
- 1 tbsp light soy sauce
- 3 tbsp tomato paste

1 tsp unsweetened cocoa powder
1/2 cup shredded cheddar cheese

Directions

1. Turn your Instant Pot to sauté setting and add olive oil.
2. When oil is hot, add ground turkey breast, salt, and pepper, and cook for 5 minutes.
3. Remove the juice from the ground turkey to prevent boiling. Set juice aside. Continue cooking for another 5 minutes or until brown.
4. Add the diced vegetables to the Instant Pot along with the cumin and chili powder. Cook together with turkey for 5 minutes.
5. In a bowl, combine broth, fish sauce, light soy sauce, tomato paste, and cocoa powder. Pour half cup of broth mixture into Instant Pot and stir, being sure to scrape the bottom.
6. Pour meat juice back into pot along with beans and tomatoes. Close lid and cook on manual setting with high pressure for 10 minutes.
7. Release pressure, spoon chili into bowls, and serve garnished with cheese.