



“Insta Pot” Pumpkin-Spiced Turkey Chili

Yield: 10

Cost Per Serving: \$1.90

Cook Time: 1 hour

Ingredients:

- 1 Tbsp olive oil
- 1 lb. ground turkey (90% lean)
- 2 medium red peppers (chopped)
- 2 medium yellow peppers (chopped)
- ½ yellow onion (chopped)
- 1 (15oz) can pumpkin puree
- 1 (15oz) can no salt added black beans (drained and rinsed)
- 1 (15oz) can no salt added kidney beans (drained and rinsed)
- 2 (15oz) cans no salt added diced tomatoes
- 2 cups low or no salt chicken broth
- ½ cup apple juice
- 1 ¼ cups nonfat Greek yogurt
- 3 Tbsp chili powder
- 1 Tbsp ground cumin
- 1 tsp dried oregano
- 1 tsp ground cinnamon
- 1/8 tsp ground cloves
- 1/8 ground nutmeg

Insta Pot Directions:

1. Press the Sauté button, then process the adjust button to “More” or “High”. When the display says “Hot”, add the oil, tilt the pot to coat the bottom lightly. Add the turkey and cook for 4 minutes or until no longer pink, stirring occasionally.
2. Add the peppers and onions and cook for 4 minutes. Stir in garlic, cook for 30 seconds, stirring constantly. Add remaining chili ingredients and stir until well blended.

- 3.** Seal the lid of the instant pot, close the valve, press the cancel button and reset to manual/pressure cook for 20 minutes.
- 4.** Use quick pressure release. When the valve drops, carefully remove the lid and stir. Spoon yogurt on top of each serving.

Recipe adapted from: Diabetes Food Hub

*Based on Walmart prices 10/22