



Insta Pot Vegetarian Chili

Instructions:

- On the sauté function, add oil and vegetables, cook until soft. Turn pot off.
- Add remaining ingredients, set Insta Pot to manual/pressure cook function and set to cook for 12 minutes. Serve immediately. Enjoy!
- Nutritional Info: Per serving (1 cup) – 91 calories (16 calories from fat), 1.86 g total fat, 0 g saturated fat, 0 mg cholesterol, 118 mg sodium, 11.5 g carbohydrates (3 g fibers, 0.5 g sugar), 2.1 g protein

Health benefits:

- Onions/shallots - Improves blood sugar, heart health, immune function, protects against blood clots, cancer, infertility, asthma, respiratory infections, and arthritis.
- Bell peppers/Paprika - Improves blood sugar, eye health, brain function, skin health, and heart health, aides in healthy pregnancy, protects against cancer, and obesity.
- Butternut Squash– Improves immune function, physical endurance, hormonal health, and bone health, protects against inflammation, cancer, and obesity.
- Black beans - Improves blood sugar, digestion, physical endurance, and heart health, protects against cancer, and obesity.
- Tomatoes - Improves eye health, skin health, bone health, and heart health, protects against cancer, and inflammation.
- Cumin – Improves blood sugars, brain health, bone health, heart health, digestion, skin health, and immune function, protects against insomnia, toxicity, viral infections, inflammation, cancer, obesity, and hemorrhoids.

- **1 Tbsp oil or butter**
- **1 cup onions, chopped**
- **1 shallot, chopped**
- **1 orange bell pepper, chopped**
- **1 cup butternut squash, cubed**
- **1 ½ cup soaked, sprouted, cooked black beans**
- **2 cups peeled crushed cherry or plum tomatoes**
- **½ tsp chili powder**
- **1 tsp cumin**
- **1 tsp smoked or sweet paprika**
- **1 tsp siracha**
- **2 cups vegetable broth**
- **Salt/pepper to taste**

Optional:

Top with cubed avocado, fresh cilantro, chopped green onions, non-dairy cheese

