

Mouthwatering Vegetarian Chili

Ingredients

- 2 tablespoons olive oil
- 1 large yellow onion, diced
- 2 large bell peppers, diced
- 2 medium carrots, diced
- 2 stalks celery, diced
- 4 cloves garlic, minced
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- 2 teaspoons dried oregano
- 2 teaspoons kosher salt
- ½ teaspoon freshly ground black pepper
- ¼ teaspoon cayenne pepper
- 2 cans tomato paste, 398 mL each
- 1 can six bean medley, 540 mL
- 1 can chickpeas, 398 mL
- 1 can black beans, 398 mL
- 1 to 2 cups low-sodium vegetable broth
- 1 can corn niblets, 341 mL
- Serving suggestions: sliced avocado, shredded cheese, pumpkin seeds

Instructions

1. Heat the oil in the Instant Pot using the sauté function.
2. Add the veggies: onion, bell peppers, carrot, celery, and garlic. Cook, stirring, until just tender, 8 to 10 minutes.
3. Add the spices: chili powder, cumin, oregano, salt, black pepper, and cayenne pepper and stir to coat veggies.
4. Add the tomato paste, beans and broth. Stir to combine.
5. Close Instant Pot and pressure cook on high for 25 minutes. Naturally release for 10 minutes.
6. Stir in the corn. Add the corn and stir to combine.
7. Serve with toppings of your choice. Ladle the chili into serving bowls and serve with the toppings of your choice.