


Instant Pot Pumpkin-Spiced Turkey Chili

Servings: 10 Time: 1 hour

Ingredients:	Cost per Ingredients:	Cost per Recipe	Cost per Serving
1 tbsp – canola oil	\$3.67 / 48 fl oz bottle	\$0.11	\$0.11
1 lbs – ground turkey (90% lean)	\$2.54 / lb	\$2.54	\$0.25
1 cup – chopped red pepper (2 medium)	\$2.76 / 2 medium pepper	\$2.76	\$0.28
1 cup – chopped yellow pepper (2 medium)	\$2.76/ 2 medium pepper	\$2.76	\$0.28
1 cup – chopped onion (half an onion)	\$0.78 / onion	\$0.39	\$0.04
3 – garlic cloves (minced)	\$0.48 / 1 garlic bulb	\$0.08	\$0.01
1 (15oz) can - pumpkin puree	\$2.62 / 15oz can	\$2.62	\$0.26
1 (15oz) can - no salt added black beans (rinsed and drained)	\$0.78 / 15oz can	\$0.78	\$0.08
1 (15oz) can- no salt added kidney beans (rinsed and drained)	\$0.76 / 15oz can	\$0.76	\$0.08
2 (15oz) can – no salt added diced tomatoes	\$0.88 / 15oz can x2	\$1.76	\$0.18
2 cup - low sodium chicken broth	\$1.33 / 32 fl oz container	\$0.66	\$0.07
½ cup – apple juice	\$1.62 / 64 fl oz container	\$0.41	\$0.04
1 ¼ plain nonfat Greek yogurt	\$3.54 / 32oz container	\$2.24	\$0.22
3 tbsp – chili powder	\$1.00 / 3oz container	<p>Cost Per Serving: \$1.90!</p> 	
1 tbsp – ground cumin	\$1.28/ 2.5oz container		
1 tsp – dried oregano	\$1.00 / 0.87oz container		
1 tsp – ground cinnamon	\$1.18 / 2.5oz container		
1/8 tsp – ground cloves	\$4.94 / 1.8oz container		
1/8 tsp – ground nutmeg	\$1.94 / 1.5oz container		
Total	\$36.74		

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 diabetesfoodhub.org