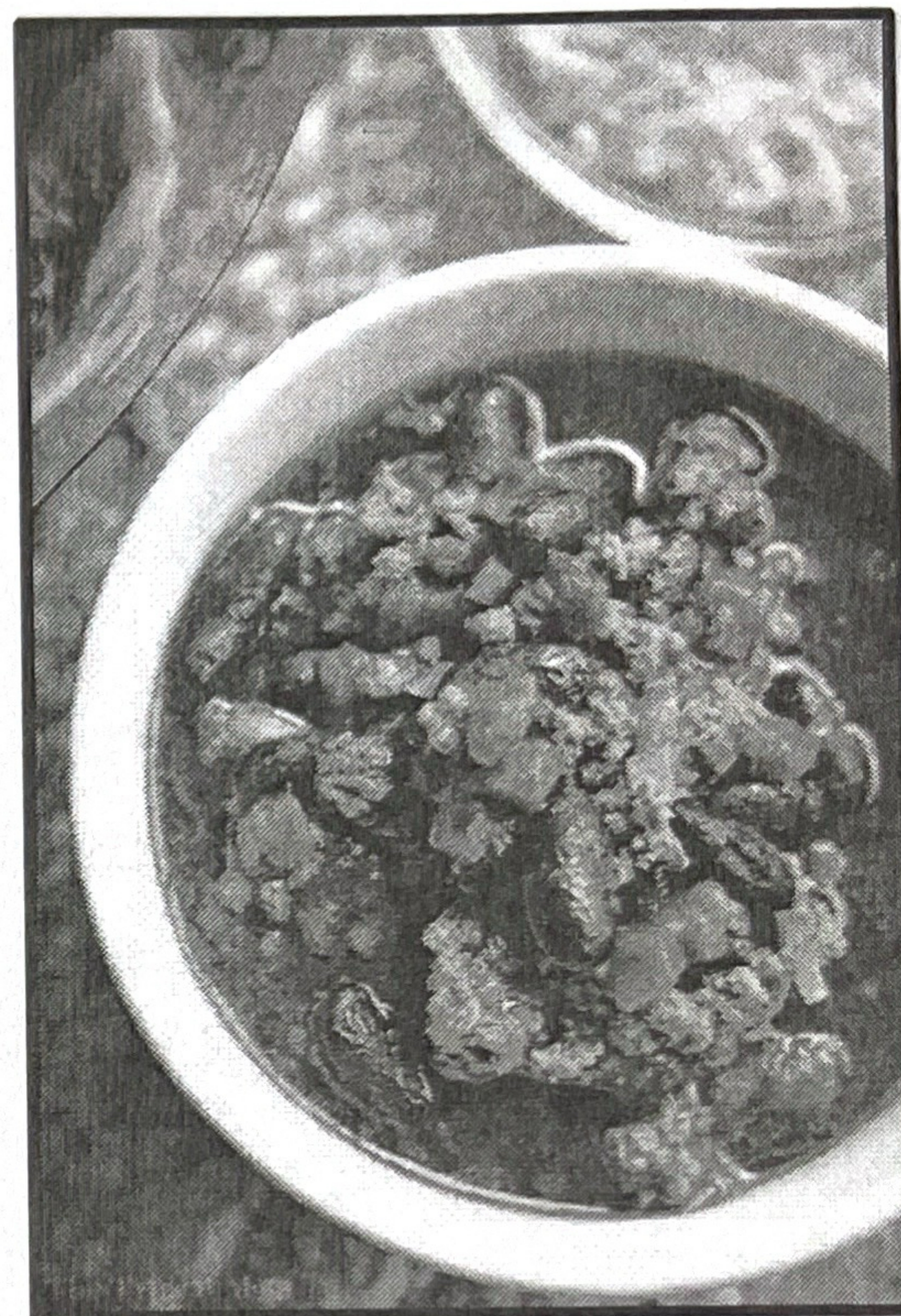


Insta Pot Vegan Chili

Ingredients

- 2 Tablespoons Olive Oil
- 3 Cloves of Garlic Minced
- 1 White Onion Chopped
- 1 Pack of Mild Chili Spice Packets (*Low Sodium*)
- 1 Pack of Morning Star Ground Crumbles
- 1 Can of Kidney Beans
- 1 Can of Chili Beans
- 1 Can of Black Beans
- 2 Cans of Diced Tomatoes
- (*Optional*) *Shredded Cheese or Cheese Substitute*



Instructions

1. Add olive oil to instant pot on sauté setting. Sauté the onions and garlic for 4 minutes.
2. Add the Morning Star Ground Crumbles and Spice Pack. Mix for 3 minutes.
3. Turn off sauté setting.
4. Rinse the kidney and black beans and add to pot.
5. Add chili beans into the pot.
6. Add diced tomatoes on top and do not stir.
7. Seal the instant pot and cook for 30 minutes or use the Stew Setting.