

## Instant Pot Pineapple Chili

1 onion, chopped

1 red pepper, chopped

3 cups sweet potato, cut into small bite-size cubes (approx. ½")

2 cups chopped green apple

1 15-oz can tomato sauce

1 15-oz can diced tomato w/chilies or jalapenos (petite diced if possible)

1 20-oz. can pineapple chunks with juice

1 4-oz. can chopped green chilies

½ cup veggie broth

4 TBS date paste (or date syrup)

1 tsp. cumin

1 tsp. oregano

2 tsp chili powder

½ tsp cinnamon

3 15-oz cans of beans, drained and rinsed (1 can each of pinto beans, black beans, and kidney beans works well, but you can mix it up as you wish)

Green onions for garnish (optional)

- 1) Using the Instant Pot SAUTE setting, sauté the onion and red pepper for about 5 minutes in just enough water to prevent sticking. Monitor closely.
- 2) Add all ingredients (except beans), and cook on high pressure for 5 minutes. Wait 5 minutes then do a quick release of the steam.
- 3) Stir in the 3 cans of beans. Can be served over brown rice, but is delicious as a standalone too. Garnish with green onion if desired. Cornbread is a wonderful side dish!

**NOTE:** This recipe *might* need more time in the Instant Pot, depending on the size of your sweet potato chunks.

