

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 (I prefer petite diced, but others are fine, too)
- 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! Check out my recipe for No-Flour Corn Muffins!

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

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