

Easy Instant Pot Vegetarian Chili

Prep: 15 minutes • Cook: 45 minutes

A hearty, smoky vegetarian chili made effortlessly in the Instant Pot with dried beans, veggies, and chipotle in adobo, yielding deep, simmered-all-day flavor in under an hour. Cozy, wholesome, and crowd-pleasing with a touch of sweetness from sweet potato and a bright finish of corn.

Ingredients

- 1 cup black beans (dried, rinsed)
- 3/4 cup pinto beans (dried, rinsed)
- 1 large yellow onion (diced)
- 1 medium sweet potato (diced)
- 1 red bell pepper (diced)
- 1 large carrot (diced)
- 3 cloves garlic (minced)
- 1 chipotle pepper (minced)
- 1 tablespoon adobo sauce
- 3 tablespoons tamari
- 2 tablespoons tomato paste
- 2 teaspoons ground cumin
- 2 teaspoons dried oregano
- 2 teaspoons ground coriander
- 3 1/2 cups vegetable broth
- 1 (28 fl oz/796 ml) can fire-roasted diced tomatoes
- 2 cups frozen corn
- to taste toppings (optional) (avocado, scallions, tortilla chips, cheese, sour cream or Greek yogurt)

Instructions

1. Add to the Instant Pot: black beans, pinto beans, onion, sweet potato, red bell pepper, carrot, garlic, chipotle pepper, adobo sauce, tamari, tomato paste, cumin, oregano, coriander, vegetable broth, and fire-roasted diced tomatoes. Stir well to combine.
 2. Seal the lid and cook on High Pressure for 45 minutes.
 3. Quick release the pressure (or natural release if preferred).
 4. Stir in the frozen corn.
 5. For a thicker chili, blend about 2 cups of the chili until mostly smooth, then return it to the pot and stir to combine.
 6. Ladle into bowls and serve with desired toppings (optional).
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Tags: Instant Pot, Vegan, Gluten Free, Chili, Weeknight Friendly, High Fiber

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