

# Instant Pot Vegetarian Chili

Yield: 6 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/instant-pot-sweet-potato-recipe-for-thanksgiving>

## Ingredients:

- 1 tablespoon olive oil
- 1 yellow onion medium, 1/4-inch diced
- 2 sweet potatoes medium, peeled and 1/2-inch diced, about 4 generous cups
- 2 red bell peppers medium, 3/4-inch diced
- 4 cloves garlic minced
- 1 tablespoon chili powder
- 1 teaspoon chili powder chipotle
- 1 teaspoon ground cumin
- 1 1/4 teaspoons kosher salt
- 2 1/2 cups low sodium vegetable broth
- 8 ounces no salt added tomato sauce or low-sodium
- 1/2 cup quinoa uncooked
- 15 ounces low sodium black beans rinsed and drained
- 15 ounces red kidney beans, rinsed and drained low-sodium dark or light
- 1/2 teaspoon granulated sugar
- avocado Sliced
- chopped fresh cilantro
- shredded cheese
- tortilla chips Crushed
- nonfat plain greek yogurt or sour cream

## Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 86 grams
3. Cholesterol: 5 milligrams
4. Fat: 8 grams
5. Fiber: 22 grams
6. Protein: 26 grams
7. SaturatedFat: 2 grams

8. Sodium: 1120 milligrams
  9. Sugar: 8 grams
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