

# Instant Pot Pumpkin-Spiced Turkey Chili



## Nutritional Information:

Calories ..... 230  
Total Fat..... 6 g  
Saturated Fat ..... 1.3 g  
Cholesterol ..... 35 mg  
Total Carbohydrate..... 27 g  
Dietary Fiber ..... 7 g  
Sugars..... 9g  
Protein ..... 19 g  
Sodium ..... 480 mg

**Serving Size** ..... 1 ¼ cup  
w/ 2 tbsp yogurt

**Recipes Yields**.....10 servings

Prep time: 25 minutes  
Cook time: 35 minutes

## Ingredients:

- 1 lb lean ground turkey
- 1 (15 oz) can kidney beans (no salt added)
- 1 (15 oz) can black beans (no salt added)
- 1 (28 oz) can diced tomatoes (no salt added)
- 1 (15 oz) can pumpkin puree
- 2 cups chicken broth (low sodium)
- 1 cup chopped onion
- 1 cup chopped red pepper
- 1 cup chopped yellow pepper
- 1 ¼ cup nonfat Greek yogurt
- ½ cup apple juice
- 1 tbsp olive oil
- 3 cloves garlic (minced)
- 3 tbsp chili (powder)
- 1 tbsp cumin (ground)
- 1 tsp cinnamon (ground)
- 1/8 tsp cloves (ground)
- 1/8 tsp nutmeg (ground)
- 1 tsp oregano (dried)
- 1.5 tsp Salt

## Directions:

1. Press the Sauté button, then press Adjust button to “More” or “High”. When the display says “Hot”, add the oil, tilt the pot to coat the bottom lightly. Add the turkey and cook for 4 minutes or until no longer pink, stirring occasionally. Add the peppers and onions and cook for 4 minutes. Stir in the garlic, cook for 30 seconds, stir. Add in the remaining ingredients, except the salt. Stir.
2. Seal the lid, close the valve, press the cancel button. Rest mode to Pressure Cook and set for 20 minutes.
3. Use quick pressure release. When the valve drops, carefully remove the lid and stir in salt. Serve with 2 tbsp of yogurt on top.

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Adjusted from: <https://www.diabetesfoodhub.org/recipes/instant-pot-pumpkin-spiced-turkey-chili.html>