



# *Instant Pot Taco Chili*

## **The Ingredients**

- 2 lbs ground beef
- 1/2 sweet onion, diced
- 3 cloves garlic, minced (at least)
- 2 packages taco seasoning (or homemade)
- 2 cans Goya red bean soup
- 1 can (15 oz) black beans, rinsed
- 1 can diced tomatoes w/ green chiles
- 1 can of water from above ingredient
- 1 cup salsa of your choice
- salt and pepper to taste
- favorite chili toppings

## **Instructions**

- Heat Instant Pot on Saute. Add ground beef, onion, garlic, and salt/pepper to taste. Cook until browned. Add taco seasoning and stir to coat thoroughly.
- Add all beans, diced tomatoes, water, and salsa. Stir to combine. Secure lid, select "Soup" and set for 12 minutes. When timer is done, allow pressure to release naturally for 5 minutes, then quick release.
- Place in bowls and add your favorite toppings!
- TIP: leftovers (if you have any) or excellent on baked potatoes