

Instant Pot Vegan Chili

Quick and hearty Instant Pot vegan chili loaded with beans, vegetables, and bold spices. Ready in 25 minutes with minimal effort!

10	25	35	6	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

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Ingredients

- 1 tbsp olive oil
- 1 onion
- 3 clove garlic
- 1 bell pepper
- 1 zucchini
- 15 oz black bean
- 15 oz red kidney beans
- 28 oz tomato
- 6 oz tomato paste
- 1 cup vegetable broth
- 2 tsp chili powder
- 1 tsp cumin
- 1 tsp paprika
- 1 tsp cayenne pepper
- 1 tsp salt
- 1 tsp black pepper
- 1 tbsp lime juice

Instructions

1 Sauté the aromatics

Set Instant Pot to sauté mode and heat 1 tablespoon olive oil until it shimmers, about 1 minute. Add 1 diced onion and cook for 3-4 minutes until translucent and softened.

2 Add 3 minced garlic cloves and cook for 30 seconds until fragrant, stirring constantly to prevent burning.

3 Add 1 diced bell pepper and 1 diced zucchini and cook for 2-3 minutes until vegetables start to soften slightly.

4 Add beans and tomatoes

Add 15 oz can black beans (drained and rinsed), 15 oz can kidney beans (drained and rinsed), 28 oz can diced tomatoes with juice, and 6 oz can tomato paste. Stir to combine everything evenly.

- 5 Add 1 cup vegetable broth, 2 teaspoons chili powder, 1 teaspoon cumin, 1 teaspoon smoked paprika, 1 teaspoon oregano, 1 teaspoon salt, and 1 teaspoon black pepper. Stir well until all spices are evenly distributed.
- 6 **Pressure cook**
Secure the Instant Pot lid and set the valve to sealing position. Select pressure cook on high for 15 minutes.
- 7 When cooking time completes, allow natural pressure release for 10 minutes, then carefully turn the valve to venting to release any remaining pressure.
- 8 **Finish and serve**
Remove lid and stir in 1 tablespoon lime juice. Taste and adjust seasoning with additional salt, pepper, or lime juice as needed.

Tips

Sauté for Maximum Flavor: Don't skip the sautéing step at the beginning. Cooking the onions and garlic first builds a flavorful base that enhances the entire dish.

Layer Your Spices: Add spices during the sautéing phase to bloom their flavors, which creates a more complex and aromatic final dish.

Natural Pressure Release: Allow natural pressure release for at least 10 minutes to prevent the chili from becoming watery and to let flavors continue developing.

Taste and Adjust: Always taste before serving and adjust seasonings as needed. Chili often benefits from a pinch more salt or a squeeze of lime juice to brighten flavors.

Make It Ahead: This chili tastes even better the next day, so consider making it a day before serving for optimal flavor development.

Freeze in Portions: Divide leftovers into individual portions before freezing for easy single-serving meals that reheat perfectly in the microwave.

Add Corn Last: Stir in frozen corn after pressure cooking to maintain its texture and bright color without overcooking.

Double the Recipe: This recipe scales up beautifully, so consider making a double batch for maximum meal prep efficiency.