

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 min

PREP

25 min

COOK

35 min

TOTAL

6

SERVINGS

Easy

DIFFICULTY

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.