

# INSTANT POT GROUND BEEF QUICK CHILI

## Time

30 minutes

## Serves

2

## Calories (per serving)

183

## Carbs (per serving)

8g

## Fat (per serving)

5g

## Protein (per serving)

24g



## Ingredients

- 7 oz ground beef (200g) 95-99% fat free
- 2 tbsp onion finely chopped
- 3/4 cup fat free beef broth SP
- 1 cup diced tomatoes canned
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- 1/2 tsp chili powder
- 1/4 tsp paprika
- 1/4 tsp garlic powder
- 1/8 tsp cayenne pepper
- 1 tbsp tomato paste
- chopped parsley as garnish
- 1 cup cauliflower chopped into bite-sized pieces

## Method

In a medium skillet over medium-high heat, cook the onion. Top with 1/4 cup beef broth and cook down until onions are tender (about 5 min). Add the beef and cook until browned. Add the beef and onion mix to an Instant Pot. Add remaining 1/2 cup beef broths and all other ingredients. Add cauliflower. Stir to combine. Cook under pressure for 15 to 20 minutes. Serve warm.

## Cooking this recipe without an instant pot:

If you don't have an Instant Pot, you can cook this in a medium pot. On Step 3, bring the chili to a boil and then reduce to a simmer. Cover and simmer for approximately 30 minutes.