Serves 5 · Serving size: 1 cup

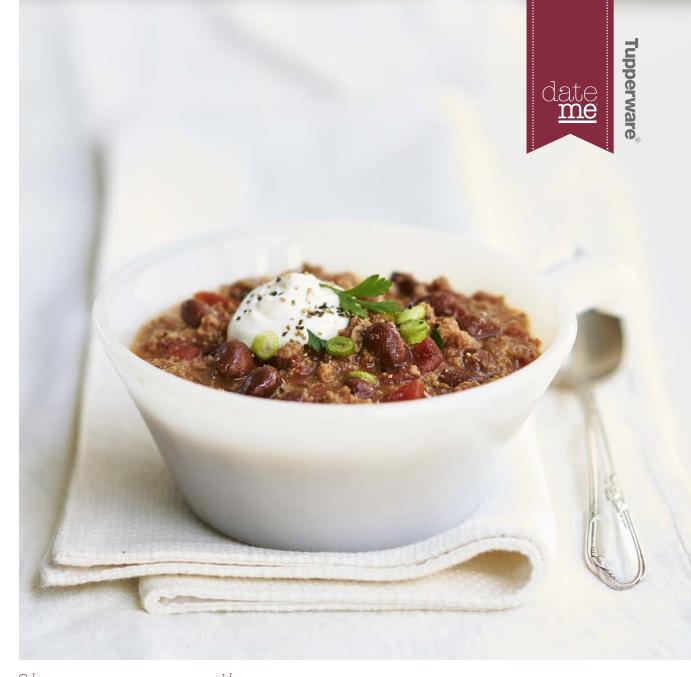


5-Ingredient CHILI

1 lb./455 g ground turkey 1 tbsp. Southwest Chipotle Seasoning 1 small onion, chopped using Chop 'N Prep™ Chef 14.5-oz./425 g can diced tomatoes 14.5-oz./425 g can chili beans

- 1. Combine ingredients in base of Microwave Pressure Cooker and gently stir ingredients.
- 2. Seal and microwave on high power 25 minutes.
- Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers. Serve warm.
- 4. If desired, store and freeze in the 6-cup/1.4 L Deep Square Freeze-lt $^{\otimes}$ Container.

Nutritional Information (per serving):
Calories: 250 Total Fat: 8g Saturated Fat: 2.5g Cholesterol: 65mg
Carbohydrate: 21g Sugar: 4g Fiber: 6g Protein: 22g Sodium: 890mg
Vitamin A: 8% Vitamin C: 10% Calcium: 6% Iron: 15%



TO DEMO



Cooker

Southwest







Spoons



Spatula