

Serves 5 • Serving size: 1 cup



PREP: 5 minutes

COOK: 25 minutes

(tested in 900 watt microwave)

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.
3. 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-It® 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%

date
me

Tupperware®

TO DEMO



Microwave Pressure
Cooker



Southwest
Chipotle

OPTIONAL



Chop 'N Prep™
Chef



Measuring
Spoons



Silicone
Spatula