

TURKEY CHILI IN THE PRESSURE COOKER

(adapted from [The Great Big Pressure Cooker Book](#))

1 T olive oil
1.5 pounds ground turkey (I used 93% lean)
1/2 onion, diced (optional, I omitted)
2 ribs of celery, diced
1.5 teaspoons salt
black pepper
1 tablespoon chili
1 tsp smoked paprika
1/2 tsp ground cumin
1 can stewed tomatoes (about 14 oz)
1 can fire-roasted diced tomatoes (about 14 oz, I used Muir Glein)
1 can white kidney beans, well-rinsed
1/2 cup water (if needed)
garnishes of your choice

Heat the olive oil in the pressure cooker, add the onion and celery, season lightly with salt and pepper. Sauté until translucent and fragrant. Add the ground turkey and cook in high heat until well-seared. Add the salt, pepper, chili powder, paprika and cumin. Mix well.

Add the tomatoes, kidney beans, and enough water to almost cover the meat, if needed. Close the pressure cooker, let it come up to full pressure, and cook for 20 minutes.

Release the pressure quickly, and if needed, reduce the liquid by simmering for a few minutes with the lid open.

Serve with the garnishes of your choice.