

Instant Pot Vegetarian Quinoa Chili

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This Instant Pot Vegetarian Quinoa Chili is a comfort food classic with a healthy plant-based twist! Recipe yields 12 cups of chili.

Course	Main Course
Cuisine	American
Keyword	Instant Pot Vegetarian Quinoa Chili
Prep Time	15 minutes
Cook Time	15 minutes
Total Time	45 minutes
Servings	12 servings
Calories	155 kcal
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Ingredients

- 4 cups vegetable broth
- 2 cups [canned crushed tomatoes](#)
- 2 cups onion diced
- 2-4 cloves garlic minced
- 1 green bell pepper diced
- 1 red bell pepper diced
- 1 cup corn (frozen or canned)
- 15 oz can spicy chili beans in sauce
- 1 cup canned black beans (drained and rinsed)
- 3 TBSP chili powder
- 2 TBSP cumin
- 1 tsp dried oregano
- 1/2 tsp [smoked paprika](#) plus extra to taste
- salt and pepper to taste (I used 1/2 tsp)
- 1/2 cup [dry quinoa](#)
- 1/2 cup [dried red lentils](#)

TASTY TOPPING IDEAS:

- chopped red onion
- fresh pico de gallo or salsa
- sliced avocado
- fresh cilantro
- chopped green onion
- jalapeños or bell peppers
- sour cream or greek yogurt skip if vegan
- shredded cheddar cheese skip if vegan
- corn chips

Instructions

INSTANT POT INSTRUCTIONS

1. First chop your veggies and measure out the ingredients.
2. Add veggie broth and crushed tomatoes followed by lentils, quinoa, chili beans (pinto beans in chili sauce), black beans, onion, garlic, peppers, corn, and dried spices. Keep the ingredients layered and don't stir for best results.
3. Set Instant Pot (I use a 6 QT) HIGH pressure for 5 minutes and allow to come to pressure.

4. Quick release (aka manually release) the pressure and wait for the pin to drop and the pot to depressurize before opening.
5. Lastly, feel free to adjust seasoning (spices and salt) to taste, adding more of what you prefer to get your ideal flavor punch.
6. Add all your favorite toppings and enjoy! This chili is great the day of, and even better as leftovers too. Chili is magic like that and great for meal prep for the week! You can even freeze some for later.

SLOW COOKER INSTRUCTIONS

1. To use a slow cooker, you'll want to decrease the broth in this recipe from 4 cups to 2 cups. AKA just use 2 cups of broth here and you're good to go! Add all ingredients to your [slow cooker](#) (minus your toppings) and walk away. It's that easy! This recipe takes about 5-6 hours on high. You'll basically want to let this one simmer away until the lentils, quinoa, and veggies are super tender.
2. The chili will thicken as it cools. For extra flavor you can even sauté the aromatic veggies before adding it to the slow cooker, but it's not at all essential. As I mentioned above, adjust the thickness to your liking with extra crushed tomato or broth and season to taste based on any changes/additions. Pile on the toppings and get ready to faceplant into this ultra-comforting bowl-o-veggies!

Recipe Notes

* This recipe works best with red lentils as they cook fastest and require less liquid than brown/green. If cooking in the pressure cooker - use red.

To ensure all the goodness in this pot has enough liquid to cook, I've adjusted the broth to 1 quart (4 cups) at the suggestion of a few kind readers! The chili will thicken more as it cools.

Love beans? For an extra chunky chili, additional black beans or pinto beans can be added after the chili is done cooking! (Just not in the beginning because the pot is sensitive to being too full) Simply add in your favorites and then sprinkle in a bit more of the spices, to taste, to even things out. Easy peasy!

Nutrition Facts below estimated before toppings using an online recipe nutrition calculator. Adjust as needed and enjoy!

Nutrition Facts	
Instant Pot Vegetarian Quinoa Chili	
Amount Per Serving	
Calories 155	Calories from Fat 9
% Daily Value*	
Fat 1g	2%
Sodium 715mg	31%
Potassium 595mg	17%
Carbohydrates 29g	10%
Fiber 8g	33%
Sugar 7g	8%
Protein 7g	14%
Vitamin A 1285IU	26%
Vitamin C 28.5mg	35%
Calcium 63mg	6%
Iron 3.6mg	20%
* Percent Daily Values are based on a 2000 calorie diet.	