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# Instant Pot Black Bean Bison Chili

Makes about 6 servings

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## INGREDIENTS

1 pound lean ground bison  
1 medium yellow onion, chopped  
2 garlic cloves, minced  
3 tablespoons chili powder (I use a mix of hot and mild)  
2 teaspoons smoked paprika  
1 teaspoon dried basil  
1 teaspoon ground cumin  
1 teaspoon garlic powder  
1 teaspoon dried Mexican oregano leaves, crumbled fine  
2 to 3 teaspoons fine sea salt  
1/4 teaspoon ground black pepper  
1 pound black beans, soaked for 8 hours or overnight  
3 cups water  
2 cups tomato sauce  
1 (14.5 oz.) can diced tomatoes  
Crumbled aged white cheddar for serving

## PREPARATION

Turn a 6-quart Instant Pot to saute. Add the bison and stir often to break it apart as it cooks. Cook until the meat is mostly browned, about 5 minutes. Add the onion and garlic. Continue to cook for 5 more minutes. Stir in the chili powder, smoked paprika, basil, cumin, garlic powder, and oregano. Add 2 teaspoons of salt and the ground black pepper. You can add additional salt at the end of cooking, if needed.

Drain the beans and then pour them into the pot with the bison. Add the water, tomato sauce, and diced tomatoes. Stir well.

Seal the Instant Pot lid and the pressure valve. Set to Manual, high, for 22 minutes. Once it has finished cooking, let the pressure release naturally for about 17 minutes. Turn the valve to venting to release any remaining pressure. Open, stir, and add the remaining teaspoon of salt, if desired. Serve garnished with cheddar.

Recipe by Lori Rice, FakeFoodFree.com

Note: Remember to plan ahead. You'll need to soak the beans in water for at least 8 hours.