

I am so stoked and impressed! I made this for ZERO POINTS (blue)!!! Just threw everything in my instapot for 30 minutes on soup and WALA! Corn, black beans, ground turkey, hot rotel, & chicken broth.



Dried beans and canned or frozen corn.

1/2 bag of black beans, 2 cans of corn, 2 pounds of ground turkey, 1 box of chicken broth, 1 can hot rotel, 1 can regular rotel, garlic and seasoning to taste.