

INSTANT POT WHITE BEAN CHICKEN CHILI

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Serves: 6-8 servings

INGREDIENTS

- 1 pound dried navy beans, sorted
- 2 cups chopped onion
- 4 garlic cloves, minced
- 2 tablespoons **corn starch**
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ground black pepper
- 14 ounces canned diced tomatoes
- 7 ounces canned diced green chilies
- 4 cups chicken broth
- 6 frozen boneless skinless chicken thighs
- 3 tablespoons lard or **vegetable shortening**
- sea salt to taste

INSTRUCTIONS

1. In a large mixing bowl, add the sorted dried navy beans and fill the bowl with enough water to cover the beans by several inches. Set aside to soak while you prepare the remaining ingredients.
 2. To the **Instant Pot** bowl, add the chopped onion, garlic cloves, cassava flour, chili powder, ground cumin, ground coriander, dried oregano, ground black pepper, canned diced tomatoes, canned diced green chilis, and chicken broth.
 3. Use a colander to strain the beans and discard the soaking liquid. Rinse with fresh water.
 4. Add the beans to the Instant Pot bowl, and stir all of the ingredients together.
 5. Add the chicken thighs to the bowl, and push them down into the liquid. It's okay if they aren't completely covered in liquid.
 6. Now add the lard to the bowl. It's okay if the lard is in a solid lump, as soon as the Instant Pot comes up to pressure/temperature, the lard will melt.
7. Place the lid on the Instant Pot and ensure the steam release valve is set to sealing. Press the "Bean/Chili" key, which will show 30 minutes of cooking time, and then walk away. When the Instant Pot is done cooking, let it cool down/warm for 15 minutes, and then flip the steam release valve to venting, to let the Instant Pot come down from pressure.
 8. When the pressure is released, open the lid of the Instant Pot and use a wooden spoon to stir the chili and break up the chicken into small pieces. Taste, and season with sea salt if needed. The chili will appear soupy, but will thicken as it cools. I like to pull my Instant Pot bowl out and place it on top of my oven to cool for 30 minutes and allow it to thicken. Serve warm with cilantro, avocado, and rice or **Beanitos**/corn chips.

