

# TURKEY & SWEET POTATO CHILI

**PREP TIME:** 50-60 mins  
**SERVES:** 6-8

## IN THE FREEZER:

- 1lb cooked ground turkey
- 1 diced sweet potato
- 1 cup chopped onion
- 1 can chick peas
- 1 can chili beans
- 1 can Rotel
- 1 4 oz of diced tomatoes
- 1 tsp better than bouillon chicken
- 1 pack chili seasoning

## NEEDED FOR SERVE DAY:

- 1 cup shredded cheddar cheese
- 1 cup sour cream
- 1 package cornbread mix (with eggs/  
milk to prepare)

## ON SERVE DAY...

1. Thaw your meal enough to pop out of the freezer container.
2. Add frozen meal & 2 cups water to IP.
3. Set IP for high, 30 minutes. Once cook cycle is up, quick release the pressure.
4. While the IP is cooking, prep cornbread per package directions.
5. Once IP cycle is done and pressure is released, stir soup well. Garnish with cheese and sour cream with cornbread on the side.

**SIDE ITEM:** Cornbread