



## All About Adobo Turkey Chili



[Click to see how it's made](#) !

1/6th of recipe (about 1 cup): 221 calories, 5.5g total fat (2g sat. fat), 553mg sodium, 22.5g carbs, 6.5g fiber, 7.5g sugars, 21g protein

[Click for WW Points® value\\*](#)

**Prep:** 10 minutes    **Cook:** 40 minutes

More: [Lunch & Dinner Recipes](#), [Four or More Servings](#), [Gluten-Free](#)

### Ingredients

1 lb. raw lean ground turkey (7% fat or less)  
1/4 tsp. each salt and black pepper  
One 15-oz. can red kidney beans, drained and rinsed  
One 14.5-oz. can diced tomatoes (not drained)  
1 cup chopped onion  
1 cup chopped red bell pepper  
1 cup canned crushed tomatoes  
2 tbsp. chopped canned chipotle peppers (previously packed in adobo sauce) + 2  
tsp. canned adobo sauce  
2 tsp. chopped garlic  
1 tsp. chili powder  
1 tsp. ground cumin  
Optional toppings: sliced radishes, lime wedges

### Directions

Press the Sauté button on the Instant Pot. Add turkey, and sprinkle with salt and black pepper. Cook and crumble for about 5 minutes, or until fully cooked.

Press the Keep Warm/Cancel button to turn off the Instant Pot.

Add remaining ingredients, and mix well.

Cover with the lid, aligning the lid arrow with the arrow marked Open. Rotate until aligned with the Close arrow. Set the pressure release valve to the Sealing position.

Press Manual/Pressure Cook, and set time for 10 minutes. (The Instant Pot will preheat for 10 - 15 minutes).

Let cool down naturally for 10 minutes in Keep Warm mode. (Instant Pot automatically goes into this mode after cook time ends).

Press Cancel. Turn the pressure release valve to the Venting position. Holding the lid handle, turn to the Open position and lift.

**MAKES 6 SERVINGS**

**HG Tip:** Use a dish towel or potholder to remove the lid, allowing steam to escape gradually before uncovering the pot completely.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

---

Publish Date: February 16, 2017

Author: Hungry Girl

Copyright © 2023 Hungry Girl. All Rights Reserved.