Blue Zones Project®

# Jackfruit White Bean Chili

From the kitchen of:
Blue Zones Project®

Instant Pot Recipe by:
Plant Based Instant Pot

## Ingredients:

1 c minced onion
1 tsp minced garlic
1 1/2 tsp cumin powder
1 1/2 tsp chili powder
3 c jackfruit, shredded
3 c water
4 tbsp diced chilies
1 salt-free bouillon cube
1 lb beans, soaked 8 hours & drained

Garnishes:
2 tsp oregano
2 tsp lime juice

Brought to Hawaii by **HMSA**

## Directions:

1. Turn on saute function and heat about 1/2 c water. Once hot add the onions and cook until translucent.
2. Add garlic, cumin, and chili powder and saute until spices become fragrant, about 2 minutes.
3. Turn saute off. Add jackfruit, shredding with your hands. Then stir in the water, green chilies, bouillon cube and soaked beans.
4. Cook on high manual/pressure cook for 10 minutes.
5. Let the pressure release manually.
6. Before serving add the oregano and lime juice to taste.
7. You can serve with your favorite toppings like chopped cilantro, cashew cream, or hot sauce. Sprinkle bowls with jalapeño powder to add an extra flavor burst!

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