

Rilla's Low Carb Chili

Serves 6-8

Ingredients

3 lbs. ground beef, cooked and drained
1/2 large onion, halved and sliced
1 med green bell pepper, quartered and sliced
1 med red bell pepper, quartered and sliced
1-2 tablespoons Mexican seasoning
1 tablespoon cumin
1 tsp chili powder
1/2 tsp oregano
1/4 tsp thyme
1/4 tsp celery seed
2 tablespoons tomato paste
4 cups beef bone broth
2 chipotle chilies (in adobo), processed
(optional)
2 cloves garlic, minced
1 chopped tomato (optional)
Salt and pepper to taste

Directions

Combine tomato paste and broth. Place all ingredients, except salt and pepper, in the instant pot and cook for 20 minutes. Allow the pressure to escape slowly (no quick release). Season with salt and pepper. Serve with cheese, sour cream, and homemade guacamole.