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## Instant Pot Chilli Mac

By Donna Green Goodman, MPH

### Ingredients

- Olive oil
- 1/2 – 1 cup each Gardein Meatless Crumbles/Morningstar Farms Italian Sausage Crumbles
- 1 medium yellow onion, diced
- 1/2 green and yellow pepper, diced
- 3-4 cloves garlic, chopped
- 4 Roma Tomatoes, diced
- 1 16 ounce can tomato sauce
- 3-4 cups water
- 1 pound whole-wheat macaroni noodles, uncooked
- 1 cup corn
- 1 can small red beans
- 2-3 teaspoons chili powder or to taste
- 2-3 teaspoons cumin or to taste
- McKay's Chicken Style Seasoning to taste
- 1 package your favorite vegan shredded cheese

### Instructions

1. Place a small amount of oil in the Instant Pot.
2. Turn on to saute' and wait for it to register HOT.
3. Add veggie meat and brown for about 3-5 minutes.
4. Add bell pepper, onion, garlic, and tomatoes and saute' for another 3 minutes.
5. Turn Instant Pot off.
6. Add tomato sauce, water, uncooked macaroni noodles, corn, and red beans.
7. Add seasonings and stir.
8. Put the top on and turn to manual. Set for 6 minutes.
9. When done, you can quickly release, add cheese, recover and let it melt OR let it do a natural pressure release for about 10 minutes. Then add cheese, recover and let melt.
10. When the cheese has melted, stir well and adjust seasonings