

*Syoda's Homemade  
Recipes*

# HEARTY CHILI BEANS



Serving sizes: 5

Prep time: 10 min

Total time: 50 minutes



## Instructions

1. **First step:** Be ready. Wash, weigh, chop and prepare all ingredients and place them in sight.
2. **Second step:** In instant pot add 210g beans with 2-3 cups water, add 1 tbsp salt, 1 tbsp mesa chipotle, 1 tbsp chili powder, 16 oz chicken broth, and 100g of fire roasted diced tomatoes. Cook in pressure cook on bean mode for 25 minutes on high.
3. **Third step:** Once beans is semi cooked, remove from instant pot and place in a glass bowl meantime. Then, add 25g olive oil to instant pot and add sirloin steak. Sauté for 3 minutes, then add 100g unsalted tomatoes and continue to stir until 3 minutes is up. Then, return beans soup back into instant pot, close lid and cook in pressure cook, in stew mode for 22 minutes on high.
4. **Fourth step:** Serve with 30g sour cream, 0.5 oz feta cheese and 40g sweet potatoes chips.
6. That's all my friends, sip and enjoy! Don't forget to tag us if you love it! If you nay it email us your feedback. We love hearing awesome constructive criticism, too!

Eat well and stay active,  
-Scar

## Ingredients

22.5 oz Sirloin steak  
210g Red Beans from bag  
25g olive oil  
6 oz chicken broth  
150g Light sour cream  
2.5 oz Feta cheese  
100g Fire roasted diced tomatoes  
100g Unsalted diced tomatoes  
2 limes  
2.5 tbsp Chili powder  
2.5 tbsp Mesa Chipotle powder  
1.5 tbsp Thyme  
1 tbsp Salt  
6-8 garlic cloves  
200g sweet potato chips