

Chicken Mango Chili



Ingredients:

2 tsp bacon fat (or ghee)
4 cloves garlic
1 medium onion
2 tsp ground ginger
2 tsp curry powder
2 tsp turmeric
2 tsp ground cumin
2 tsp curry powder
2 tsp paprika
2 tsp salt
1/2 jar of tomato sauce

1-2 medium red/yellow peppers
2 potatoes
2 lbs chicken breast without skin
2 lbs boneless skinless chicken thighs
1 can full-fat coconut milk
2 cups frozen mango
cilantro and chives for garnish

Directions for InstaPot:

1. Turn on Saute on your Instapot and add garlic, onion, ginger, sliced peppers, salt, and all other spices. Saute everything and mix for 5 min until onions turn translucent.
2. Add chicken meat, chopped potatoes, and all other ingredients, turn off Saute option.
3. Cover the InstaPot with a lid and close tightly.
4. Turn on Manual High Pressure option and set the timer for 20 minutes.
5. You can either wait for the InstaPot to depressurize itself slowly over 20-30 minutes or use the quick release method.
6. Add frozen mango pieces and let the mango to heat up for 10-15 minutes.
7. Garnish with chopped cilantro and chives. Enjoy!