

HOW TO INSTANT POT

THE INSTANT CHEF
FEATURED RECIPE

EASY TACO DIP

Wonderful savory snack.
Makes: 6 Servings

Ingredients

- 1 pound lean ground beef
- 1 cup chopped onion
- 4 garlic cloves, minced
- 1 (5-ounce) can green chiles (such as poblanos), diced
- 1 (10-ounce) can tomatoes with chiles, drained
- 3 tbsp taco seasoning
- 1 1/2 cups grated sharp Cheddar cheese

Directions

- Preheat the Instant Pot by selecting Saute and adjusting to high heat. When the inner cooking pot is hot, add the ground beef, onion and garlic. Cook until the ground beef clumps have broken up, about 2 minutes.
- Stir in the chiles, tomatoes, and taco seasoning.
- Lock the lid into place. Select Manual or Pressure Cook, and adjust the pressure to High. Cook for 5 minutes.
- When the cooking is complete, let the pressure release naturally for 10 minutes, then quick-release any remaining pressure. Unlock the lid.
- Add the cheese and stir until well mixed.