

## InstaPot Nightshade Free Chili



### INGREDIENTS:

- 2 medium onions - chopped
- 4 cloves garlic - crushed
- 2lbs ground beef
- 3 cups bone broth
- 3 large carrots peeled and diced
- 2 medium beets peeled and grated
- 1/2 medium rutabaga peeled and diced
- 1 tbsp. dried oregano

- 1 tsp dried thyme
- 1 tsp. onion powder
- 1/2 tsp. ground ginger
- 1/2 garlic powder
- 1/4 tsp. cinnamon
- 1/4 tsp. ground cloves
- Sea Salt to taste

### DIRECTIONS:

Put all ingredients in InstaPot and cook for 30 minutes.

Garnish with sliced avocado.