

# Red Lentil Chili

## Ingredients:

- 2 tablespoons avocado or olive oil
- 1 medium white or yellow onion, diced
- 1 medium red pepper, diced
- 1/2 teaspoon each sea salt and black pepper (divided)
- 1 jalapeño, diced with seeds
- 4 cloves garlic (4 cloves yield 2 tablespoons)
- 3 tablespoons chili powder, divided
- 2 tablespoons ground cumin
- 1 teaspoon smoked paprika
- 2 15-ounce cans diced tomatoes
- 3 tablespoons tomato paste
- 1 3/4 cups water (add more as needed)
- 3/4 cup dry red lentils thoroughly rinsed in cold water and drained
- 1 15-ounce can kidney beans
- 1 15-ounce can black beans
- 1-2 tablespoons coconut sugar
- 1 15-ounce can corn, drained (optional)

## Directions

1. Heat a large pot over medium heat. Once hot, add oil, onion, and red pepper.
2. Season with a healthy pinch of salt and pepper and stir. Sauté for 3 to 4 minutes, stirring frequently.
3. Add jalapeño and garlic to a mortar and pestle and crush into a rough paste (alternatively, blend in a small food processor, or finely mince).
4. Add to taste the pot with onion and red pepper; season with another pinch salt and pepper.
5. Add 2/3 of the chili powder, half of the cumin, paprika, diced tomatoes, tomato paste, and water, and stir to combine. Bring to a low boil over medium high heat.
6. Once boiling, add lentils and reduce heat to medium-low or low, so it's at a gentle simmer. Cook for 15 minutes, or until lentils are mostly tender. You may need to add more water if the mixture is looking too dry and the lentils aren't submerged.
7. Add kidney beans, black beans, 1/4 teaspoon of each salt and pepper, and remaining cumin and chili powder, stir to combine.
8. Bring to a simmer over medium heat, then reduce heat slightly to low (or medium-low), add corn (optional), cover, and gently simmer for 20 minutes to meld the flavors together. Stir occasionally.
9. Serve as is, or garnished with fresh jalapeño, cilantro, red onion, and/or avocado.
10. Store leftovers in the refrigerator up to 4 days, and in the freezer up to 1 month. Reheat on the stovetop or in the microwave.

## Nutrition Facts

Serving Size (473g)  
Servings Per Container 6

Amount Per Serving

**Calories 320**      **Calories from Fat 50**

**% Daily Value\***

**Total Fat 6g**      **9%**

**Saturated Fat 0.5g**      **3%**

**Trans Fat 0g**

**Cholesterol 0mg**      **0%**

**Sodium 220mg**      **9%**

**Total Carbohydrate 54g**      **18%**

**Dietary Fiber 13g**      **52%**

**Sugars 13g**

**Protein 16g**

**Vitamin A 30%**      • **Vitamin C 70%**

**Calcium 10%**      • **Iron 20%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

