

## Lentil Chili

### Ingredients

- 1 medium Yellow Onion, chopped
- 1 large Red Bell Pepper, chopped
- 1 (16 ounce) package Lentils
- 8 cups low-sodium Vegetable Broth
- 5 cloves Garlic, minced
- 4 tsp salt-free Chili Powder
- 2 (15 ounce) cans no-salt-added Diced Tomatoes

\* Optional Toppings/Mix-ins: diced avocado, chopped cilantro, or beans

### Directions

1. Chop yellow onion and red bell pepper, set aside.
2. Rinse and sort lentils, set aside.
3. Heat a large pot over medium-high heat. When hot, add chopped onion and bell pepper. Cook, stirring frequently about six minutes.
4. Stir in 3 tablespoons of the broth and continue to cook, stirring, until onion is soft and lightly browned.
5. Stir in garlic and chili powder, cook for 1 minute while stirring frequently.
6. Add lentils, diced tomatoes, and the remaining broth. Bring to a boil, then reduce heat to medium-low and simmer for 30 minutes while covered partially.
7. Uncover and cook another 10 minutes.
8. Stir in cilantro or avocado, if desired.

#### Nutrition Information (per serving)

Serving size: 1 cup, Servings: 16

Calories: 91, Protein: 8g, Carbohydrate: 23g, Sugar: 4g, Fat: 0g, Sodium: 135mg

(Adapted from [wholefoodsmarket.com](http://wholefoodsmarket.com))