



Slow Cooker Lentil Chili

6 servings

5 hours

Ingredients

- 1 cup Dry Red Lentils (rinsed, uncooked)
- 1 Yellow Onion (medium, diced)
- 1 Red Bell Pepper (chopped)
- 1 Carrot (chopped)
- 3 Garlic (cloves, minced)
- 1 tbsp Chili Powder
- 1 tsp Cumin
- 1 tsp Smoked Paprika
- 3 1/2 cups Diced Tomatoes (from the can with juices)
- 2 tbsps Tomato Paste
- 2 cups Vegetable Broth
- Sea Salt & Black Pepper (to taste)
- 1 3/4 cups Red Kidney Beans (from the can, drained and rinsed)
- 1 Avocado (optional, sliced)
- 1/4 cup Cilantro (optional, chopped)

Nutrition

| Amount per serving | |
|--------------------|-----|
| Calories | 307 |
| Fat | 6g |
| Saturated | 1g |
| Polyunsaturated | 1g |
| Monounsaturated | 3g |
| Carbs | 49g |
| Fiber | 15g |
| Sugar | 8g |
| Protein | 16g |

Directions

- 1 Add lentils, onion, bell pepper, carrot, garlic, chili powder, cumin, paprika, tomatoes, tomato paste, vegetable broth, sea salt and pepper to your slow cooker. Stir well to combine.
- 2 Cover and cook on low for 6 to 7 hours, depending on the strength of your slow cooker. Once it is cooked through, add the kidney beans and stir to combine.
- 3 Ladle into bowls and top with avocado and cilantro (optional). Enjoy!

Notes

Serving Size: One serving is equal to approximately 1.5 to 2 cups of chili.

Likes it Spicy: Add one chopped jalapeno pepper.

More Flavor: Add the juice of one lime to the slow cooker just before serving.

No Beans: Use lentils only.

Leftovers: Store leftovers in the fridge for up to five days, or freeze for longer.

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|-------------|--------|
| Cholesterol | 0mg |
| Sodium | 298mg |
| Potassium | 945mg |
| Vitamin A | 3843IU |
| Vitamin C | 46mg |
| Calcium | 97mg |
| Iron | 7mg |
| Vitamin D | 0IU |
| Vitamin E | 2mg |
| Vitamin K | 14µg |
| Vitamin B6 | 0.3mg |
| Folate | 78µg |
| Vitamin B12 | 0µg |
| Magnesium | 46mg |
| Zinc | 1mg |
| Selenium | 2µg |