

Crockpot Chili Non-Carne

Makes 6-8 servings

Ingredients:

1 tablespoon olive oil
1 yellow onion, medium dice
1 green pepper, medium dice
3 tablespoons minced garlic
1 jalapeno, seeded and sliced
3-4 tablespoons chili powder
2 teaspoons ground cumin
1.5 teaspoons salt
Several dashes black pepper
2 cups water, plus extra as needed
1 cup dry brown lentils
28oz can crushed tomatoes
15oz can kidney beans, drained
15oz can black beans, drained
1 tablespoon brown sugar
2 tablespoons lime juice



Instructions:

Using medium pan on stovetop or sear function on crockpot, saute onion, green pepper, and jalapeno in oil with a pinch of salt until onion is translucent. Add garlic and saute about 30 seconds. Add to crockpot with remaining ingredients and set to cook on low for 8 hours. Adjust seasoning to taste and add water to thin, if necessary.

Optional: top with sliced avocado, sour cream or non fat plain Greek yogurt, shredded cheese, crackers, green onions, or cilantro

Recipe source: Adapted from IsaChandra.com

Nutrition info (per 1/8 recipe): 290 calories, 4g fat, 750mg sodium, 51g carb, 11.5g fiber, 17g protein. Excellent source of calcium, iron, and vitamins A and C.



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