

# LENTIL CHILLI

★ ★ ★ ★ ☆  
4.5 from 26 reviews

PREP TIME

30 mins

COOK TIME

40 mins

TOTAL TIME

1 hour 10 mins

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Serves: 8

## INGREDIENTS

- 2 Tbsp. olive oil
- 1 medium onion, chopped
- 1 large red bell pepper, chopped
- 5 cloves garlic, minced
- 4 tsp. chili powder
- 1 (16 oz.) bag of brown lentils
  
- 2 (14.5 oz.) cans no-salt diced tomatoes
- 1 bay leaf
- 2 (32 oz.) cartons vegetable stock or chicken stock
- ½ cup fresh chopped cilantro
- sea salt and fresh ground black pepper
- Optional toppings: sour cream, cheddar cheese, croutons, tortilla chips, avocado



## INSTRUCTIONS

1. In a large heavy duty dutch oven, heat olive oil over medium heat. Add onion and red bell pepper; saute the vegetables for 8 minutes or until soft and lightly browned, stirring occasionally.
2. Stir in garlic and chili powder; cook for 1 minute.
3. Add lentils, tomatoes, bay leaf and stock. Season with salt and ground black pepper, to taste. Bring to a boil, lower the heat to medium-low and simmer, partially covered for 30 minutes or until lentils are tender. Remove from the heat and discard the bay leaf.
4. Transfer 3 cups of cooked chili into a food processor and process until pureed; add the pureed chili back into the remaining chili and stir to combine. Taste for salt and pepper.
5. Stir in cilantro and serve.

## NOTES

If you like your chili spicy, add chopped fresh jalapeno or red pepper flakes for some heat