



HARVEST OF THE MONTH

Ingredient: Pulses

Lentil Chili

PREP TIME:	10 mins
COOK TIME:	40 mins
TOTAL TIME:	50 mins
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INGREDIENTS

2 Tbsp oil
1 medium onion, diced
1 red pepper, diced
4 cloves garlic, chopped
1 ¼ tsp salt
2 Tbsp chili powder
1 Tbsp ground cumin
1 tsp paprika
1 Tbsp baking cocoa (unsweetened)
2 15 cans diced tomatoes
3 Tbsp tomato paste
2 cups water
1 cup dry lentils
1 15 oz can kidney beans, drained and rinsed
1 15 oz can black beans, drained and rinsed
1 Tbsp sugar or maple syrup
1 15 oz corn, drained (optional)

INSTRUCTIONS

1. Heat a large pot over medium heat. Add the oil, onion, red pepper, garlic, and salt. Sauté for 3-4 minutes, stirring frequently.
2. Add the chili powder, cumin, paprika, cocoa powder, diced tomatoes, tomato paste, and water and stir to combine. Bring to a low boil over medium heat.
3. Once boiling, add lentils and reduce heat to low. Cook for 15 minutes, or until lentils are mostly tender. As it's cooking, you may need to add more water if the mixture is looking too dry.
4. Next add the kidney beans, black beans, and sweetener and stir to combine. Bring to a simmer over medium heat, then reduce heat to low, add corn (optional), cover, and gently simmer for 20 minutes to meld the flavors together. Stir occasionally.
5. Taste and adjust the seasonings as needed. Serve as is, or garnish with fresh jalapeno, cilantro, avocado, or sour cream.