

Whole Foods Market Recipe: Lentil Chili

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This simple vegetarian chili recipe uses lentils instead of beans. Brown lentils work best as they will hold their shape even when tender after cooking. Serve with Health Starts Here hearth bread from Whole Foods Market's bakery.



Lentil Chili

Serves 8

Ingredients

- 8 cups low-sodium vegetable broth, divided
- 1 medium yellow onion, chopped
- 1 large red bell pepper, chopped
- 5 cloves garlic, finely chopped
- 4 teaspoons chili powder
- 1 (16-ounce) package brown lentils (about 2 1/4 cups lentils)
- 2 (15-ounce) cans no-salt-added diced tomatoes
- 1/4 cup chopped cilantro

Method

Bring 3/4 cup broth to a simmer in a large pot over medium-high heat. Add onion, bell pepper and garlic and cook about 8 minutes or until onion is translucent and pepper is tender. Stir in chili powder and cook 1 minute, stirring constantly. Add lentils, tomatoes and remaining 7 1/4 cups broth. Bring to a boil, reduce heat to medium-low and simmer, partially covered, 30 minutes or until lentils are almost tender. Uncover and cook 10 minutes longer. Stir in cilantro and serve.

Nutrition

Per serving : 120 calories (5 from fat), 0g total fat, 0g saturated fat, 0mg cholesterol, 180mg sodium, 21g total carbohydrate (7g dietary fiber, 6g sugar), 6g protein

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