

Slow Cooker Vegetarian Lentil Chili

INGREDIENTS

8 HOURS 6 SERVINGS

- 1 yellow onion
- 1 Tbsp olive oil
- 2 cloves garlic
- 1 15oz. can diced tomatoes, with juices
- 9 oz tomato paste
- 1 15oz. can kidney beans
- 1 15oz. can black beans
- 1 cup brown lentils
- 1 Tbsp chili powder
- 1 tsp smoked paprika, optional
- 1 tsp ground cumin
- 1/2 tsp onion powder
- 1/4 tsp garlic powder
- 1/4 tsp cayenne pepper, optional
- salt and pepper, to taste
- 2-3 cups vegetable broth, low sodium



adapted from: budgetbytes.com

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PROCEDURE

1. Rinse the lentils, dice the onion, and mince the garlic. Add the previous to the slow cooker along with all the other ingredients and stir to combine.
2. Place a lid on the slow cooker and cook on low for 8 hours. After cooking, the lentils should be tender. Taste the chili and add salt to taste, if needed (this will depend on the salt content of your broth).
3. Serve the chili hot, with your favorite toppings. We recommend non-fat Greek yogurt as a sour cream substitute, low-fat cheese, and/or green onion.



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