

Slow Cooker Lentil Chili

Serving: 10

Ingredients

- 1 medium **onion** *diced*
- 4 cloves **garlic** *minced*
- 2 **red peppers** *chopped*
- 1 **green pepper** *chopped (optional)*
- 3 large **carrots** *diced*
- 3 cups **vegetable broth**
- 1 can **tomato sauce** *(15 ounces)*
- 2 cans **diced tomatoes** *(or one 28 ounce can)*
- 1 lb **brown lentils** *rinsed (16 ounces)*
- 2 cans **small red beans** *rinsed and drained (or 3.5 cups)*
- 3 T **chili powder**
- 1 T **cumin**
- Salt and black pepper** *to taste*

Directions

1. Place all ingredients in a slow cooker (6 quart). Stir well to combine.
2. Cover and cook on High for 4-6 hours or low for 8-10 hours. Serve warm.

Notes: The small red beans are a good size to pair with the lentils. You can swap for another bean, but keep in mind that the size of some beans (ex., kidney) will overwhelm the lentils. Also, this chili freezes well, so a great way to make a dinner for the future!