

SLOW COOKER LENTIL CHILI

PREP TIME: 15 MINUTES

SERVES: 8

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 pound brown lentils rinsed (16 ounces)
- 2 cans small red beans rinsed and drained (or 3.5 cups)
- 3 Tablespoon chili powder
- 1 Tablespoon cumin
- Salt and black pepper to taste

DIRECTIONS:

Place all ingredients in a slow cooker (6 quart).
Stir well to combine.
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 it's a great way to make dinner for the future!