



## Slow Cooker Lentil Chili

6 servings

5 hours

### Ingredients

- 1 cup Dry Red Lentils (rinsed, uncooked)
- 1 Yellow Onion (medium, diced)
- 1 Red Bell Pepper (chopped)
- 1 Carrot (chopped)
- 3 Garlic (cloves, minced)
- 1 tbsp Chili Powder
- 1 tsp Cumin
- 1 tsp Smoked Paprika
- 3 1/2 cups Diced Tomatoes (from the can with juices)
- 2 tbsps Tomato Paste
- 2 cups Organic Vegetable Broth
- Sea Salt & Black Pepper (to taste)
- 1 3/4 cups Red Kidney Beans (from the can, drained and rinsed)
- 1 Avocado (optional, sliced)
- 1/4 cup Cilantro (optional, chopped)

### Nutrition

Amount per serving	
Calories	306
Fat	6g
Saturated	1g
Carbs	48g
Fiber	20g
Sugar	8g
Protein	16g

### Directions

- 1 Add lentils, onion, bell pepper, carrot, garlic, chili powder, cumin, paprika, tomatoes, tomato paste, vegetable broth, sea salt and pepper to your slow cooker. Stir well to combine.
- 2 Cover and cook on low for 6 to 7 hours, depending on the strength of your slow cooker. Once it is cooked through, add the kidney beans and stir to combine.
- 3 Ladle into bowls and top with avocado and cilantro (optional).
- 4 Sit down, slow down, and eat mindfully. Enjoy!

### Notes

**SERVING SIZE:** One serving is equal to approximately 1.5 to 2 cups of chili.

**MORE FLAVOR:** Add the juice of one lime to the slow cooker just before serving. Add one chopped jalapeno pepper.

**NO BEANS:** Use lentils only.

**LEFTOVERS:** Store leftovers in the fridge for up to five days, or freeze for longer.

**SO MANY BENEFITS TO INCLUDE ON ONE PAGE!:** Lentils are must-have superfood for the plant-based eater! They're not only a great source of complex carbohydrates and fibre, but also are very high in protein. They're also rich in iron, zinc, and calcium, two of the nutrients that vegan eaters risk being deficient in. And they have virtually no fat! Lentils are quick and easy to prepare and can be found in all grocery stores in bags of dried red or green lentils. Lentils also have a special benefit in managing blood-sugars due to their high fiber content, and as such help increase energy levels and decrease the waistline!