



# Lentil Chili

Prep Time: 15 min. Cook Time: 30-45 min. Makes: 4 bowls.

Rich and satisfying, hearty chili is the perfect meal for a winter evening. Pairing those iron-rich lentils with vitamin-c-rich tomatoes and cilantro means that you'll be absorbing much more of the energy-boosting nutrient than if you ate the beans alone.

## INGREDIENTS

- 1 tsp olive oil, or 1-2 Tbsp water, vegetable broth, or red wine
- 1 onion, diced
- 2-3 garlic cloves, minced
- 1 28 oz can tomatoes
- 1/4 cup tomato paste or crushed tomatoes
- 3/4 cup brown lentils, dry
- 1 Tbsp chili powder
- 2 cups swiss chard, chopped
- salt, to taste
- 2 Tbsp fresh cilantro, chopped
- 2 green onions, chopped

## DIRECTIONS

1. Saute the onion and garlic in the oil, water, broth or wine. Once they're soft, add the tomatoes, lentils and spices.
2. Bring to a boil, then let this simmer for 30-45 minutes, or until the lentils are soft. Add the chard, stirring it through
3. Garnish with fresh cilantro and green onions, maybe a drizzle of avocado cream, and serve.

## NUTRITION FACTS

Per serving  
Calories 198

		% Daily Value*
3 g	Total Fat	4%
0 g	Saturated Fat	2%
0 mg	Cholesterol	0%
82 mg	Sodium	3%
34 g	Carbohydrates	11%
15 g	Dietary Fiber	59%
7 g	Sugar	
12 g	Protein	19%
2075 IU	Vitamin A	45%
33 mg	Vitamin C	54%
100 mg	Calcium	10%
3 mg	Iron	21%

## Hints & Tricks

To make an avocado cream for drizzling on top, just puree some avocado with salt, nutritional yeast, green onion and just enough water to make it thick and creamy.