## **Crockpot Chili Non-Carne**

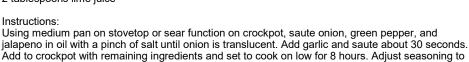
Makes 6-8 servings

- Ingredients: 1 tablespoon olive oil
- 1 yellow onion, medium dice
- 1 green pepper, medium dice
- 3 tablespoons minced garlic
- 1 jalapeno, seeded and sliced
- 3-4 tablespoons chili powder 2 teaspoons ground cumin
- 1.5 teaspoons salt
- Several dashes black pepper
- 2 cups water, plus extra as needed
- 1 cup dry brown lentils
- 28zo can crushed tomatoes
- 15oz can kidney beans, drained

taste and add water to thin, if necessary.

- 15oz can black beans, drained 1 tablespoon brown sugar
- 2 tablespoons lime juice





Optional: top with sliced avocado, sour cream or non fat plain Greek yogurt, shredded cheese, crackers, green onions, or cilantro

Recipe source: Adapted from IsaChandra.com

Nutrition info (per 1/8 recipe): 290 calories, 4g fat, 750mg sodium, 51g carb, 11.5g fiber, 17g protein. Excellent source of calcium, iron, and vitamins A and C.



