

Lentil Chili
Jan Lane

¾ cup dry lentils, cleaned
2 cups low sodium vegetable broth
1 (16oz) can crushed tomatoes
1 medium green bell pepper, chopped
1 medium onion, chopped
3 garlic cloves, crushed
2 TBSP chili powder
½ tsp cumin
1 (16 oz) low sodium tomato sauce
2 cups whole kernel frozen corn

Combine everything except tomato sauce and corn in a 2-½ quart pot and bring to a boil over high heat. Reduce to low, cover and simmer for 30 minutes.

Stir in tomato sauce and corn and simmer for 10 minutes.

Serve hot.

You can also add crushed red chili pepper for a little zip

Yield: 8 Servings

1 cup: 150/28/11/1/281

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