

# Lentil and Black Bean Chili *recipe*

PREP TIME: 14 MIN | COOK TIME: 22 min | SERVINGS: 8

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## INGREDIENTS

- 1½ cups dry French lentils, picked over for debris
- 1 Tbsp olive oil
- 1 large onion, diced
- 1 large sweet red pepper, diced
- 2 Tbsp minced garlic
- 3 Tbsp chili powder
- 2 tsp dried oregano
- 1½ tsp ground cumin
- ½ tsp cayenne pepper
- 1 tsp kosher salt
- 29 oz canned diced tomatoes, fire-roasted with chiles, undrained
- 31 oz canned black beans, rinsed and drained
- ½ cup chopped fresh cilantro

## INSTRUCTIONS

Place lentils in a large saucepan and cover with water by several inches; bring to a boil. Reduce heat to low and simmer until lentils are tender but retain a little bite, about 10 to 15 minutes; drain well and set aside.

Meanwhile, heat oil in a large nonstick skillet over medium heat. Cook onion, pepper, and garlic, stirring often, until vegetables are softened, about 10 minutes.

In a cup, combine chili powder, oregano, cumin, cayenne, and salt; add to skillet and stir well to combine. Cook, stirring often, about 1 minute.

Add tomatoes and their juice, and beans to skillet; stir well to combine. Cover skillet and simmer so flavors can blend, about 5 to 10 minutes. Fold in lentils and cilantro; serve.

Serving size: about 1 cup