



# One Pot Bean & Lentil Chili



## Ingredients



- 1 (15.5oz) can of each bean - pinto, red, black, chickpeas\*, low sodium, drained & rinsed\*
- 1 cup lentils, dry, cooked
- 2 (14.5oz) canned tomatoes, diced (low-sodium or no salt)
- 2 cups of frozen or fresh corn, or 1 can of corn, drained & rinsed
- 1 medium onion, diced
- 1 medium red & green pepper
- 1 medium zucchini, diced
- 3-4 carrots, chopped (about 3 cups)
- 2 quarts water (8 cups)\*
- 2 Tbsp. cumin
- 2 Tbsp. chili powder
- 2 tsp oregano
- 1/2 tsp salt & pepper



## Directions



1. Drain and rinse canned beans and put into a stockpot. Could also use a crockpot.
2. Add the cooked lentils (if using a crockpot to cook for an extended period of time, can just use uncooked lentils).
3. Add the canned tomatoes and the corn.
4. Dice and add the onion.
5. Wash and chop the carrots, peppers, zucchini into 1/2 inch pieces and add to soup.
6. Add 1-2 quarts of water or veggie stock
7. Add the spices and salt & pepper to taste.
8. Bring to boil and then simmer covered for at least 45-60 min to incorporate all of the wonderful flavors.

Yield: 16 cups

Cost: \$9.60

Serving size: 1 cup

Serving cost: \$0.60



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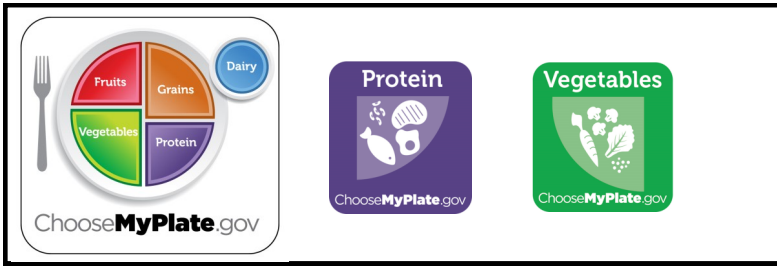
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# Fast Facts



This Recipe Provides



Cooking Tips



- \* Can choose a variety of your favorite beans. Dried prepared beans can also be used.
- \* Drain and rinse each can of beans, this will further reduce the sodium content.
- \* Can adjust water amount depending on how thick you like the soup, low-sodium veggie stock can be used if desired.
- \* This recipe can be cut in half by adding only 2 cans of beans and 1/2 cup of lentils.

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Nutrition Facts



<b>Nutrition Facts</b>	
16 servings per container	
<b>Serving size</b>	<b>1 cup</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>200</b>
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 300mg	<b>13%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 11g	<b>39%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
Sugar Alcohol 0g	
<b>Protein</b> 11g	<b>22%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 196mg	<b>15%</b>
Iron 4mg	<b>20%</b>
Potassium 746mg	<b>15%</b>

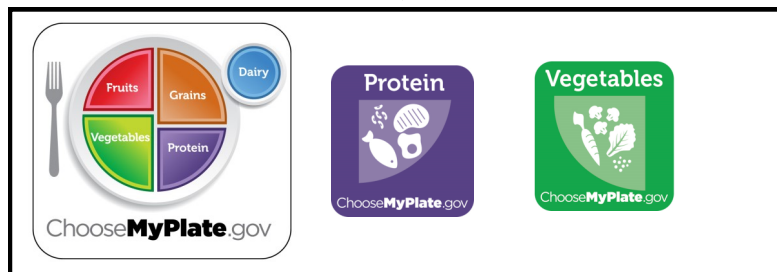
\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



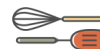
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