



# One Pot Lentil Chili



## Ingredients



- 1 can of beans
- 1 T chili powder
- 1/2 zucchini diced
- 1 cup cooked lentils
- 1 T ground cumin
- 1/2 carrot
- 1 can diced tomatoes
- 1 t oregano
- 1/2 cup corn
- 1 cup vegetable or chicken stock
- 1/4 t kosher salt
- 1 bell pepper diced

## Directions



1. Combine all ingredients into a medium sized saucepan over medium heat.
2. Bring to a simmer.
3. Stir often, keeping on a simmer for 1/2 hour to allow the flavors to develop and the chili to thicken.
4. To serve—top with cheddar cheese and tortilla chips.
5. Enjoy!



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# Fast Facts



## This Recipe Provides



Protein



Vitamin C



Fiber



Low Fat

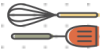


Iron



Vitamin A

## Cooking Tips



- Feel free to add or replace any vegetables in this dish.
- The addition of meat, such as ground beef or chicken, can boost this meals protein content.
- This can be a vegan meal if vegetable stock is used, and the cheese is not added.

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## Nutrition Facts



### Nutrition Facts

Serving Size (288g)  
Servings Per Container 4

**Amount Per Serving**  
**Calories** 290 Calories from Fat 58

**% Daily Values\***

**Total Fat** 6.5g **10%**

Saturated Fat 3.2g **16%**

Trans Fat 0g

**Cholesterol** 15mg **5%**

**Potassium** 965mg **28%**

**Sodium** 304mg **13%**

**Total Carbohydrate** 42g **14%**

Dietary Fiber 18.4g **74%**

Sugars 6.6g

**Protein** 18.8g **38%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



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