

Lentil Chili

Yield: 6 servings

INGREDIENTS

- 1/2 pound ground beef (or extra lean beef to reduce fat)
- 1 1/2 cups chopped onion
- 1 clove garlic, crushed
- 2 cups cooked, drained lentils
- 1 can (29 ounces) tomatoes, diced or crushed
- 1 tablespoon chili powder
- 1/2 teaspoon ground cumin (optional)

INSTRUCTIONS

1. In a large saucepan, brown beef over medium heat, break it into bite-sized pieces. Drain fat.
2. Reduce to medium heat. Add onion and garlic. Cook on medium heat until softened.
3. Add lentils, tomatoes, chili powder and cumin. Cook on low heat for about 1 hour until flavors are blended.
4. Serve with your favorite chili toppings.

NOTES

Serving Size: 1 cup

Nutrition Facts per Serving:

Calories 210

Total fat 4.5g

Saturated fat 1.5g

Sodium 470mg

Protein 16g

Source: SNAP-Ed Connection