



Lentil Vegetarian Chili

Cooking Time: 30 Minutes

Experience plant-based perfection with this flavorful vegetarian chili - filled with chickpeas, lentils, and spices.

Ingredients are subject to availability

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Ingredients:

1/2 yellow onion

3 garlic cloves

ginger

chili seasonings

crushed tomatoes

chickpeas

lentils

Instructions:

1. Heat a large pot over medium heat.
2. Slice the onion (reserve a small amount for garnish) and mince the garlic and ginger. Add the onions to the pot, along with a couple of teaspoons of olive oil, and sauté for a few minutes, or until the onions are translucent. Add in the garlic, ginger, and chili seasonings, cooking for another minute until the spices become fragrant.
3. Stir in crushed tomatoes and lentils; cover with about an inch of water, adding more throughout the cooking process if necessary. Simmer covered for 15-20 minutes or until the lentils are tender and have absorbed most of the cooking liquid. Stir occasionally.
4. Add in the chickpeas and continue cooking for 5 minutes, adding more water if necessary.
5. Divide the vegetarian chili between bowls, season with salt and pepper to taste, and top with finely chopped onion if desired. Enjoy!