



# Smoky Bean Chili

SERVINGS: 6

PREPPING TIME: 10 MINS

COOKING TIME: 30 MINS

## INGREDIENTS

- 1 tbsp. olive oil
- 1 white onion, finely chopped
- 1 medium red pepper, diced
- 1/2 tsp. salt
- 1 small jalapeño diced
- 4 cloves garlic, minced
- 1/4 tsp. chilli powder
- 2 tsp. smoked paprika
- 2 tbsp. cumin
- 2 15-oz. cans diced tomatoes
- 3 tbsp. tomato paste
- 2 cups water
- 1 cup dry red lentils
- 1 oz. can kidney beans, slightly drained
- 1 15-oz. can black beans, slightly drained
- 1 tbsp. coconut sugar
- 1 15-oz. can corn, drained

## DIRECTIONS

1. Heat 1 tbsp. of oil in a pot. Add onion, garlic and red pepper. Season with salt and saute for 4 minutes stirring to prevent burning.
2. Next add the chilli powder, smoked paprika, cumin, diced tomatoes, tomato paste, coconut sugar, and water. Stir to combine. Bring to a low boil over medium heat.
3. Once boiling add the red lentils, kidney beans and black beans, and corn. Then simmer for 20 minutes stirring occasionally.
4. Taste and adjust seasons as needed adding more chilli powder or cumin for smokiness and coconut sugar to balance the heat.
5. Serve with sliced avocado, fresh cilantro, and over quinoa or rice.

## NUTRITION

Serving size: 2 cups  
(per serving) 346.6 calories, 4.9g fat, 0.8g saturated fat, 0mg cholesterol, 604.4mg sodium, 62g carbohydrate, 14g fiber, 12.8g sugar, 18.5g protein