



MONTANA'S LENTIL CHILI

INGREDIENTS

- 3/4 C VEGETABLE BROTH
- 7 C VEGETABLE BROTH
- 1 MED RED BELL PEPPER,
(SEEDED & CHOPPED)
- 1 MED YELLOW ONION, DICED
- 2 CLOVES GARLIC, MINCED
- 4 TBSP MEXICAN CHILI POWDER
(SPICY OR MILD)
- 16 OZ GREEN/BROWN PARDINA LENTILS
- 1 28-OZ CAN DICED TOMATOES *(WITH JUICE)*
- 2/3 C FRESH CILANTRO, CHOPPED

DIRECTIONS

1. IN A SOUP POT OR DUTCH OVEN, HEAT 3/4 CUP VEGETABLE BROTH. ADD DICED RED BELL PEPPER, MINCED GARLIC AND YELLOW ONION. COOK OVER MEDIUM HEAT UNTIL THE VEGETABLES HAVE SOFTENED.
2. ADD THE MEXICAN CHILI POWDER, THE REMAINDER (7 CUPS) OF VEGETABLE BROTH AND THE LENTILS.
3. BRING THE LIQUID TO A BOIL, THEN REDUCE TO A SIMMER AND COOK, COVERED, FOR ABOUT 30 MINUTES OR UNTIL THE LENTILS HAVE SOFTENED.
4. ADD THE CHOPPED TOMATOES AND JUICE TO THE POT AND CONTINUE COOKING FOR ABOUT 10 MINUTES.
5. STIR IN CHOPPED CILANTRO BEFORE SERVING.

