

## Hearty Chili

 THE LUNCH ROOM **Recipe Box**

### INGREDIENTS

- 1 cup uncooked lentils
- 1 yellow onion, diced
- 1 green pepper, diced
- 2 cloves garlic, minced
- 3 tablespoons dark chili powder
- 2 teaspoons dried oregano
- 1 teaspoon salt
- 6 ounces canned tomato sauce
- 4 tablespoons canned tomato paste
- 6 ounces canned or frozen corn
- 2 tomatoes, diced
- 1 tablespoon yellow mustard
- 6 ounces canned kidney beans, not drained
- 1 tablespoon maple syrup

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continued...

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### DIRECTIONS

1. Bring a pot of water to a rolling boil. Add lentils, then reduce to a simmer and cook the lentils about 30 minutes until tender. Drain, rinse and set aside.
2. Sauté the onions, peppers and garlic in a stock pot with light oil until translucent and tender.
3. Add to the stock pot the cooked lentils and all the rest of the ingredients. Heat through and serve! Best enjoyed with tortilla chips or cornbread.