



15-Minute Black Bean Chili

Ingredients

- 1 tablespoon olive or canola oil
- 1 medium onion, diced (white or red)
- 4 cloves garlic, minced
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 1 14.5 oz. can diced tomatoes
- 2 teaspoons diced chipotle in adobo
- 3 15 oz. cans black beans, drained and rinsed
- 1 cup uncooked split red lentils
- 2 15 oz. cans no-sugar-added tomato sauce or crushed tomatoes OR 1 can of the above + 1 cup salsa of your choice
- 2-3 cups vegetable broth
- salt and pepper
- Optional toppings: grated cheese, sour cream, diced onion, diced avocado, chopped green onion, chopped jalapeno, crumbled corn chips

Instructions

- Heat oil in a large pot over medium-high heat. Add onion and a good pinch of salt and some pepper. Saute 5ish minutes until translucent and beginning to brown.
- Add garlic and spices. Cook for another minute.
- Add the diced tomatoes with juices, chipotle, beans, and lentils. Stir until combined.
- Add the tomato sauce mixture and 2 cups vegetable broth. Cover and bring to a simmer.
- Reduce heat to medium-medium-low and simmer for 5-7 minutes or until lentils are tender but not mushy, stirring periodically. Add extra broth to reach desired consistency.
- Season to taste with salt and pepper and enjoy with any of the optional toppings!

ADAPTED FROM: MIDWEST FOODIE