

# Lentil Chili

Serving Size: 1 cup

Yield: 6 servings






## Ingredients:

- ½ pound ground beef (Or extra lean beef to reduce fat)
- 1½ cups chopped onion
- 1 clove garlic, crushed
- 2 cups cooked, drained lentils
- 1 can (29 ounce) tomatoes, diced or crushed
- 1 tablespoon chili powder
- ½ teaspoon ground cumin (optional)

## Preparation:

1. In a large saucepan, brown beef over medium-high heat, breaking it into bite-sized pieces. Drain fat.
2. Reduce to medium heat. Add onion and garlic. Cook on medium heat, until softened.
3. Add lentils, tomatoes, chili powder, and cumin. Cook on low heat for about 1 hour until flavors are blended.
4. Serve with your favorite chili toppings.

Source: SNAP-Ed Connection

Food Group Amounts:		
Color	Food Group	Amount
	Grains	--
	Vegetables	¾ c
	Fruits	--
	Dairy	--
	Protein	2 oz

Nutrient Totals	
Per Serving:	
Calories	210
Total Fat	4.5 g
Saturated Fat	1.5 g
Sodium	470 mg
Protein	16 g