

Lentil Chili

Makes: 6 servings

Ingredients

1/2 pound ground beef (15% fat)

1 1/2 cups onion (chopped)

1 clove garlic (crushed)

2 cups lentils (cooked, drained)

2 cans tomatoes, diced or crushed (29 ounce or 2 cans 14 1/2 ounce)

1 tablespoon chili powder

1/2 teaspoon cumin, ground (optional)

Directions

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

Source: Montana State University Extension Service, Montana Extension Recipes

Nutrition Information

Nutrients	Amount
Calories	207
Total Fat	5 g
Saturated Fat	2 g
Cholesterol	24 mg
Sodium	289 mg
Total Carbohydrate	26 g
Dietary Fiber	8 g
Total Sugars	8 g
Added Sugars included	2 g
Protein	15 g
Vitamin D	0 IU
Calcium	181 mg
Iron	4 mg
Potassium	706 mg

N/A - data is not available

MyPlate Food Groups

 Vegetables	1 1/4 cups
 Protein Foods	1 ounce