



BELUGA LENTIL CHILI

Katie Simmons

INGREDIENTS

35 MINUTES 6 SERVINGS

1 medium onion, diced
1 medium green bell pepper, seeded and diced
4 tsp minced garlic
2 tbsp chili powder
1 tsp cumin
4 tbsp tomato paste
2 tbsp apple cider vinegar
1/4 cup Black Beluga lentils (or other petite brown or green lentil), uncooked
Diced avocado, sliced radish, minced onion, or minced jalapeno, for serving
(15 ounce) canned tomatoes, crushed fire-roasted
15 ounce canned red kidney beans
1/4 tsp. salt
1/4 tsp. black pepper

TAGS

#American #glutenfree #healthy #oilfree #paleo #vegan #vegetarian



BELUGA LENTIL CHILI, by Katie Simmons
[cookbooth.com /recipe/beluga-lentil-chili-51005](https://cookbooth.com/recipe/beluga-lentil-chili-51005)



1

Bell pepper, onion, garlic, kidney beans, tomato -- classic Chili ingredients



2

Black Beluga lentils are my favorite for this meat-free chili. Au Puy (petite French lentils) or any other small green or brown lentil will work.



3

Heat a dry pot over medium-high heat. No oil needed.



4

Add onion and bell pepper.



5

Saute until slightly browned, about 7-10 minutes, stirring often



6

Add chili powder, cumin, and garlic. Cook just another minute or two, until aromatic





7

Add tomato paste and cook just a minute or two, to lightly caramelize



8

Tomato paste will darken as the sugars caramelize



9

Add the vinegar to deglaze the pan. Use your spoon to scrape up any bits on the bottom of the pan



10

Add the lentils, tomatoes, and about 2 cups of water. Bring to a boil, cover, and simmer until lentils are soft, about 20 minutes.



11

Add the beans during the last 5 minutes or so of cooking. This helps them retain some texture



12

Skim off any tomato "foam" and check seasoning.





13

Serve with diced avocado, crumbled corn bread, or any other favorite

