



# 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

