



WHITE LENTIL WHITE CHILI

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INGREDIENTS

30 MINUTES 6 SERVINGS

2 poblano peppers
1 onion
1 tbsp ground cumin
1 1/2 tsp ground coriander
1 tsp Spanish sweet paprika
1 tsp marjoram (aka Mexican oregano, or substitute with regular oregano)
6 cloves garlic, minced
1 cup white lentils
6 cups vegetable broth
1/4 tsp salt, to taste
1/4 cup chopped fresh cilantro
Lime wedges, for serving

TAGS

#fatfree #healthy #oilfree #vegan #vegetarian





1

Gather ingredients. You can substitute 1 can of white navy beans for the white lentils



2

Seed and dice poblanos and onion



3

Place poblanos, onion, cumin, coriander, paprika, and marjoram in a dry, medium pot. Cover and cook over medium heat until aromatic and onions soften, about 10 minutes. No oil needed. Lower the heat if anything starts to burn



4

Spices should be aromatic and onions softened



5

Add the lentils, broth, garlic, and bay leaf. If using canned white beans, be sure to drain and rinse them before adding



6

Cover and simmer until lentils are tender, about 20 minutes





7

When lentils are tender, remove the lid.
Add salt and taste to adjust seasoning



8

Turn off the heat and stir in cilantro



9

Serve with fresh limes

