



# Kid-Friendly Veggie Chili

## Ingredients:

- 1 onion, chopped
- 1 green bell pepper, chopped
- 1 green or yellow squash, chopped
- 1 TBSP olive oil
- 1.5 cups dried (raw) lentils
- 1 can (15 oz) black beans
- 1 can (15 oz) kidney beans
- 1 can (28 oz) diced or crushed tomatoes
- 1 can (8 oz) tomato sauce
- 2 cups water
- 4 tsp of chili powder (this will yield a mild chili - if you like it spicier, add more!)
- ¼ tsp salt
- ¼ tsp pepper

## Directions:

1. Heat oil in pot over medium heat; add in onion and cook until soft; add in green pepper and squash; cook another 3-4 minutes
2. Add in lentils and toast for 1-2 minutes; add in all other ingredients and bring to a boil
3. Reduce to a simmer and cover for about 2 hours; If too thick, add ¼ cup of water at a time until at consistency of choice
4. Top with cheese, sour cream, cilantro, avocado or any other favorites!
5. Enjoy!

## Cookware needed:

- 1 medium pot
- 1 wooden spoon or spatula

Cost: \$

Ease:



**Health Benefit:** This dish is action-packed with TONS of protein and fiber to help keep us fuller for longer. Beans are also a great heart-healthy food that can help lower LDL (or the “bad” cholesterol).