

# SPICY RED LENTIL CHILI

Yield: 7 servings (1 Cup)



**TOTAL TIME:** 1 hour

## INGREDIENTS

- 1 cup Goya Red Lentils (international foods)
- 4 cups + 2 Tbsp. water, divided
- 2 Tbsp. Butter
- ½ cup onion, peeled, ¼-inch dice
- ¼ cup (about 1 stalk) celery, trimmed, ¼-inch dice
- 2 Tbsp. peeled garlic, chopped
- 1 medium (about ½ lb.) tomato, cored, ½-inch dice (1 cup)
- 2 cups vegetable stock
- 1 Tbsp. Tabasco sauce
- ⅛ tsp. turmeric
- ⅛ tsp. cumin
- ⅛ tsp. cayenne pepper
- 1 tsp. sea salt
- ½ tsp. black pepper
- ⅛ tsp. chili powder
- 2 Tbsp cornstarch
- ¼ cup finely diced sweet green pepper
- Salt to taste

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## PREPARATION

1. Bring lentils and 2 cups water to boil on HIGH; turn off heat. Remove half the lentils and liquid; place in food processor or blender and puree, about 1 min.
2. Melt butter in stockpot on medium-low. Add onions; cook, stirring, about 2 min., until soft but not browned. Add celery and garlic; cook, stirring, 5 min., until soft but not browned. Add tomato; cook 5 min.
3. Add stock, 2 cups water, Tabasco, turmeric, cumin, cayenne pepper, sea salt, black pepper and chili powder. Bring to simmer.
4. Add reserved whole and pureed lentils plus liquid. Cook about 15 min. until lentils are tender.
5. Combine cornstarch and remaining 2 Tbsp. water in small bowl. Bring soup to boil; add cornstarch/water mixture. Stir 30 sec. to thicken slightly. Turn off heat; add green peppers. Season to taste with salt.

## NUTRITION

**Per serving:** Calories: 140; Fat: 4 g (3 g Saturated fat); Cholesterol: 10 mg; Carbohydrates: 22 g; Protein: 7 g; Sodium: 410 mg.

## APPROXIMATE PRICE: \$22.04 (\$3.14 PER SERVING)

Price estimated comes from [www.wegmans.com](http://www.wegmans.com) and does not include common on-hand ingredients such as salt and pepper. Prices may be varied due to regional area and seasonal produce.

Recipe courtesy of Wegmans