

AMAZING CHILI

Ingredients:

1 ½ cups fresh tomatoes, chopped
1 large red pepper, seeded and chopped
1 medium onion, chopped
2 garlic cloves, minced
1 cup (212 g) canned chopped tomatoes
2 cups (425 g) canned green lentils, drained
2 cups (425 g) canned red kidney beans, drained
2 Tbsp olive oil
1-2 tsp red chili pepper flakes
1 tsp ground coriander
Salt
Pepper

Garnishes and side orders:

Small bunch of fresh coriander, chopped
2/3 cup low-fat sour cream
1 ripe avocado, chopped
1 small bunch of green onions, chopped

Instructions:

- Heat the olive oil in a large saucepan on low heat.
- Add the red pepper, onion, garlic, and chili flakes. Cook for 15 minutes, stirring occasionally to prevent burning.
- Add the remaining ingredients and mix well. Simmer, covered, for approximately 10 minutes.
- Serve with your choice of garnish and side orders.

Serves 4

Tip: you can substitute the lentils and kidney beans for your favourite legumes. For instance, try frozen soybeans (edemame), navy beans, or brown lentils. Fresh beans, pods removed, also taste great. Don't be afraid to experiment! For a bigger variety of vegetables, add chopped carrots, canned corn or sweet potato.



Good to know

Legumes, such as beans, lentils and peas, are a great choice of vegetarian protein. Legumes are also high in fibre, B vitamins, iron and other important nutrients. Although canned versions of legumes are as healthy as fresh ones, they are usually high in salt. Remember to rinse canned beans and other legumes to get rid of the excess salt. Including a few servings of legumes in your weekly diet is an important investment in your health.