

Simple Lentil Chili



Ingredients

- 1 cup dry lentils, rinsed
- 1 (14-15oz) can diced tomatoes
- 1 (8oz) can tomato sauce
- 3 cups water or low-sodium broth
- 1 can corn, drained
- 1 ½ tsp chili powder
- ½ tsp garlic powder
- ½ tsp onion powder
- Salt & pepper to taste

Instructions

1. Add the lentils, diced tomatoes, tomato sauce, water/broth, chili powder, onion powder, and salt/pepper to a pot.
2. Bring to a gentle boil, then reduce to low. Cover and simmer for 25-30 minutes, stirring occasionally, until lentils are tender.
3. Stir in the corn and simmer for an additional five minutes.
4. Allow to sit for 5 minutes before serving.
5. Portion into bowls and serve with your preferred toppings.

