Slow Cooker Lentil Taco Chili

INGREDIENTS

- 1 cup dry lentils, rinsed
- 1, 15oz canned no-salt added black beans, drained and rinsed
- 1, 14.5oz can no-salt added diced tomatoes (with juices)
- 1, 15 oz canned low sodium corn kernels, drained
- 1 small onion, diced
- 1 teaspoon minced garlic
- 1 packet low sodium taco seasoning

- 1 tsp cumin
- ½ tsp smoked paprika
- 4 cups vegetable broth
- 1 tbsp olive oil
- Salt and pepper to taste
- Fresh cilantro, for garnish

Optional Toppings:

- Low-fat shredded cheese
- Low-fat greek yogurt
- Low-salt tortilla chips
- Lime wedges
- Avocado slices



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PROCEDURE

- 1. Cut and chop all produce
- 2. Rinse lentils thoroughly under cold water
- 3. Add olive oil to slow cooker
- 4. Combine lentils, black beans, diced tomatoes (with juices), corn, onion, garlic, taco seasoning, cumin, smoked paprika, and vegetable broth in slow cooker
- 5. Stir everything together to combine well
- 6.Cover and cook on low for 6 8 hours, or on high for 3-4 hours, until lentils are tender
- 7. Season with salt and pepper to taste, serve hot!

TIME: 4 - 6 HOURS SERVINGS: 6



Adapted from: <u>recipesen.com</u>

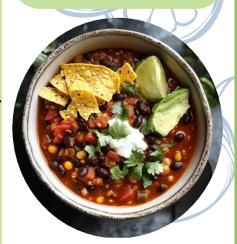


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