

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: [recipesen.com](https://www.recipesen.com)



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