

Lentil Chili Recipe from 03.16.09
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Serves 6

Cooking spray

1 medium onion

4 garlic cloves, minced

1 cup dried lentils

1 cup dry bulgur wheat

3 cups low-fat, reduced-sodium chicken broth

2 cups diced tomatoes

2 tablespoons chili powder

1 tablespoon cumin

1 teaspoon red pepper flakes

1-2 cups cooked textured vegetable protein

Heat a large saucepan with cooking spray over medium-high heat. Add onion and garlic; sauté for 5 minutes. Add the dry lentils and bulgur and stir. Add the next 5 ingredients and bring to a boil. Simmer for 30 minutes or until the lentils are tender. Add the cooked textured vegetable protein right before the chili is finished cooking. Serve with a thick piece of warm whole-grain bread Nutrition Information per *1 cup*: 271 calories, 7 grams fat, 43 grams carbohydrates, 15 grams protein, 16 grams fiber. Recipe adapted from *Flavorful Seasons Cookbook* by Robyn Webb. American Diabetes Association. 1996.