



FAST. EASY. FRESH.

MEXICAN STYLE LENTIL AND BLACK BEAN CHILI WITH SOUR CREAM AND TEX MEX

1. Start by prepping your ingredients. Peel and dice the **onion**, de-seed and dice the **sweet bell peppers**, and finely chop the **tomatoes**. Drain and rinse the **black beans** and pick the leaves off the **cilantro**. Cut the **lime** into wedges.

2. Next, heat the **olive oil** in a large pot over medium heat. Set aside 1-2 tsp. of **onion** as a topping for the last step if desired. Add the **onion, pepper, and tomatoes** to the pot and cook for 4-5 minutes. Season with **salt and pepper** to taste. Add the **Spice Mix (Smoked Paprika, Chili Powder, and Cumin)** and cook for 1 minute longer

3. Add the **lentils, broth cube**, and 4 cups of **water**. Bring to a boil, then reduce the heat to medium low. Let simmer for 10-14 minutes, or until the lentils are tender.

4. Add the **black beans** and cook for 2-3 minutes longer.

5. Plate your dish. Place the chili into dishes and garnish with the **sour cream, tex mex cheese, cilantro**, and reserved **onion**. Serve the **lime wedges** alongside. Enjoy!



Ingredients (4 Servings – 805 Calories Per Serving)

Olive Oil	2 Tbsp.	Lime	1
Sour Cream	1 Cup	Cilantro	Small Bunch
Sweet Bell Peppers	2	Tex Mex Cheese	120 g
Red Lentils	240 g	Vegetable Bouillon	2 Cubes
Black Beans	1 540 ml Can	Smoked Paprika	1 Tbsp.
Red Onion	1	Chili Powder	1 Tbsp.
Roma Tomatoes	4	Cumin	2 tsp.
		Salt and Pepper	To taste

30 Minute Cook Time!