

Northwest Chili

At the core of this chili are the Northwest's chickpeas and lentils. With lots of flavors, this is sure to warm up your body and your taste buds.

Recipe Type: Soup

Degree of Difficulty: Moderately difficult

Ingredients

1 cup chopped onion
2 large garlic cloves, minced
1 ½ Tbs canola oil
1 cup dry lentils, rinsed
1 cup diced potato
½ cup shredded carrots
1 green bell pepper, seeded and chopped
1 Tbs chili powder, or to taste
2 ½ cups water
2 tsp beef bouillon granules or 2 beef bouillon cubes
1 14½-ounce can tomatoes
1 8-ounce can tomato sauce
1 15-ounce can chickpeas, drained and rinsed, or about 2 cups boiled
¼ tsp crushed red pepper, or to taste
Salt, to taste
Freshly ground pepper, to taste



Directions

- 1 In a large, heavy saucepan, cook onion and garlic in oil for 3 to 4 minutes. Add lentils, and stir to coat them with oil.
- 2 Add potatoes, carrots, bell pepper, chili powder, water, and bouillon. Bring to a boil. Reduce heat, cover, and simmer about 25 minutes, or until lentils are tender.
- 3 Add tomatoes, breaking them up as you do, and tomato sauce, chickpeas, and red pepper. Simmer for another 15 minutes. Season to taste with red pepper, salt, and black pepper.

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 55 minutes

Total Time: 1 hour and 15 minutes

Nutrition Facts

Nutrition (per serving): 318 calories, 5.9g total fat, <1g saturated fat, <1mg cholesterol, 772.4mg sodium, 53.4g carbohydrates, 17.8g fiber, 10.5g sugar, 16.3g protein.

Servings: 6

Yield: 15 oz

Weight Watchers Points

Note: The veggies, lentils and chickpeas are not included in the calculation for FreeStyle SmartPoints. All other points do not include the vegetables.

Orig. WW Pts: 5

Points Plus: 6

Smart Points: 7

FreeStyle Smart Points: 2

Tips

Chili is one of those items that you can let simmer for longer than the recipe states. The longer it simmers, the more the flavors blend together. So don't be afraid to let this simmer on your stove for a few hours.

Source: USA Dry Pea and Lentil Council

Web Page: www.pea-lentil.com