contentednesscooking.com

LENTIL THREE BEAN CHILI (Four 2-cup servings)

My Lentil Three Bean Chili is the best Vegan Chili you've ever made. With just 6 gluten free ingredients, this homemade chili is full of kidney beans, black beans, and pinto beans.

Basic Chili Recipe
One 14 oz can kidney beans
One 14x oz can black beans
One 14 oz can pinto beans
3 tbsp red chili paste* (use with caution*)
Two 14 oz cans chopped tomatoes
1/2 cup lentils, uncooked
Salt and pepper to taste

Optional add-ons
Roasted garlic
Chopped onion
Chopped bell pepper
Lemon juice
Cilantro
Quinoa or rice

*Editor's note: Use with caution! Start with a fraction of the amount called for, until you decide the preferences of those you are cooking for.

Red chili paste is an Eastern (Thai; Indonesian sambal oelek is similar) ingredient, so it's an interesting fusion to see it used in a recipe for chili, a Western dish.



Heat a large pot and add to your liking roasted garlic, onions, bell peppers. In any case add the chopped tomatoes, red chili paste, and lentils, and cook for 20 minutes (much longer and things will get mushy and overcooked).

Add beans and heat for another 5 minutes, and it's ready. Divide into bowls, garnish with cilantro, and serve optionally with quinoa or rice.







Contentedness Cooking is a site created by someone named Florian, who aims for recipes that are easy, inexpensive, and delicious! Florian writes: "Enjoy delicious vegan food for everyone. All my recipes need only few ingredients and easy steps to make them. They are budget friendly and perfect for meal prep." The recipes are entirely plant-based, but sometimes use oil or processed vegan foods as ingredients, so choose according to your needs and preferences.