

Chili Red Lentils

1 onion, diced	3 Tbspn chili powder
2-3 stalks celery, diced	1 tsp. cumin
1 green pepper, diced	1 tsp. coriander
1-2 jalapenos, diced (optional)	1 tsp. paprika
2 cloves garlic, diced	
2.5 cups red lentil (1-16 oz bag)	
2 cans 15 oz Petite Diced Tomatoes (I like fired roasted)	
6 cups vegetable broth	
2 cans kidney beans, rinsed	

Set Instant Pot to Sauté at medium heat. Add onions, celery, green and jalapeño peppers. Sautee until soft and then add garlic for an additional 1 minutes until fragrant. Turn off sauté function and add the remaining ingredients through kidney beans (these go in last). Close the Instant Pot and set cook time to 11 minutes. When cooking is finished, allow for natural release for 10 minutes and then open valve to release remaining pressure. Stir in kidney beans and allow to sit for 10 additional minutes.

** This can be modified to stove top version. Sauté vegetables as above, then add tomatoes and broth with spices, bringing to a boil. Then add lentils and return to boil. Reduce to low simmer and cover, stirring frequently to avoid burning. When lentils are cooked through, add kidney beans for additional 5 minutes. Recommended for the Follicular Phase.*

