SLOW COOKER CHILI

Ingredients:

- 1 yellow onion
- 2 cloves garlic
- 1 15oz. can petite diced tomatoes (with juices)
- 1 6oz. can tomato paste
- 2 cups black beans, soaked overnight
- 2 cups kidney beans, soaked overnight
- 1 cup brown lentils, uncooked
- 1 Tbsp chili powder
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 1/4 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp cayenne
- 1/2 tsp salt
- freshly cracked black pepper
- 2 Tbsp coconut or olive oil
- 4 cups low-sodium vegetable broth

Directions:

- After soaking the dry beans overnight, drain them from the liquid.
- Dice the onion and mince the garlic. Add the onion and garlic to the slow cooker along with all the other ingredients and stir to combine.
- Place a lid on the slow cooker and cook on high for four hours (or low for 8 hours). After cooking, the lentils should be tender. Taste the chili and add salt to taste, if needed (this will depend on the salt content of your broth).
- Serve the chili hot, with your favorite toppings*

*Substitute sour cream with low-fat greek yogurt or light sour cream and use low-fat or reduced-fat cheese for a healthier option, add roasted + unsalted pepitas for a fun twist!