



RED LENTIL CHILI

INGREDIENTS:

8 cups vegetable broth
1 pound of red lentils
2 (14.5) ounce cans Fire Roasted Tomatoes
3 cups onion, chopped
2 large red bell peppers, chopped
1 (6) ounce can of tomato paste
4 tablespoons apple cider vinegar
2-3 Medjool dates – Pits and stars removed
1½ tablespoons parsley flakes
1½ tablespoons dried oregano
2 tablespoons chili powder
1 tablespoon cacao powder
2 teaspoons garlic powder
1 tablespoon smoked paprika
½ teaspoon chipotle powder (more or less, to taste)

INSTRUCTIONS:

1. Blend the tomatoes, red bell peppers, garlic, and dates, in a blender until smooth.
2. Add the pureed contents of the blender to the Instant Pot.
3. Place all remaining ingredients in an Instant Pot electric pressure cooker and cook on high for 10 minutes.
4. Or, place all ingredients in a slow cooker and cook on low for 6-8 hours.
5. Sprinkle with finely chopped scallions before serving over rice, noodles or potatoes.

Makes approximately 3 ½ - 4 quarts, and freezes well.