Heat 1-2 tablespoons of oil on medium heat in a large pot or dutch oven. Dice your onion and bell peppers, saute until beginning to soften.

Add in your pantry ingredients- do not drain canned goods. Season with 2 tbsp salt and 1 tbsp each of paprika, chili powder, cumin, and garlic powder. Add water if needed to allow lentils to cook fully.

Leave mixture to simmer for 20-30 minutes until liquid is reduced and lentils are cooked through. Add additional spices to taste.

Serve with your choice of toppings. Enjoy!

**INGREDIENTS**

**Fresh ingredients:**
- 1 yellow onion
- 1 yellow bell pepper
- 1 red bell pepper

**Pantry ingredients:**
- 3 cans beans- we recommend black, pinto, and navy
- 1 can fire roasted diced tomatoes
- 1 can crushed tomatoes
- 1 cup dry lentils

**Toppings (optional):**
- Avocado
- Tortilla chips
- Shredded cheese
- Hot sauce
- Sour cream
- Lime

**Spices (to taste):** Kosher salt, paprika, chili powder, cumin, garlic powder

**PROCESS**

1. Heat 1-2 tablespoons of oil on medium heat in a large pot or dutch oven. Dice your onion and bell peppers, saute until beginning to soften.
2. Add in your pantry ingredients- do not drain canned goods. Season with 2 tbsp salt and 1 tbsp each of paprika, chili powder, cumin, and garlic powder. Add water if needed to allow lentils to cook fully.
3. Leave mixture to simmer for 20-30 minutes until liquid is reduced and lentils are cooked through. Add additional spices to taste.
4. Serve with your choice of toppings. Enjoy!

**PHOTOS**

[Photos]

Sauteeing onion and peppers
Adding pantry ingredients
After simmering

The finished product!