Pantry Lentil Chili: This nutritious shelf-stable recipe only requires a few minutes of prep, a handful of cans and dry lentils, and your choice of tasty toppings!

Ingredients

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

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

**Spices (to taste):**
- Kosher salt
- Paprika
- Chili powder
- Cumin
- Garlic powder

**Toppings (optional):** Avocado, tortilla chips, shredded cheese, hot sauce, sour cream, lime, cilantro

Process

1. Heat 1-2 tablespoons of oil on medium heat in a large pot or dutch oven. Dice your onion and bell peppers, sauté 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.
3. Add water as needed to allow lentils to cook fully. Leave mixture to simmer for 20-30 minutes until liquid is reduced and lentils are cooked through.
4. Add additional spices to taste. Serve with your choice of toppings. Enjoy!