



## Red Lentil and Butternut Squash Chilli ( OP W )

Serving: 1

Veg

### *Ingredients*

- 1 Teaspoon Extra Virgin Olive Oil
- 1 Medium onion, diced
- 1 Small Size bell pepper, diced
- 1 jalapeno peppers, de-seeded and diced
- 1 Garlic clove, Minced
- 30g dry red split lentils, rinsed
- 1 cup butternut squash, peeled and cut into ½ inch cubes
- 1 tablespoon canned black beans, drained and rinsed
- 1/2 cup canned crushed tomato
- ½ cup vegetable broth
- For the chili seasoning: 1 tsp chili powder
- 1/4 tsp ground cumin
- 1/4 tsp dried oregano
- 1/4 tsp smoked (or sweet) paprika
- Salt and pepper, to taste
- Optional topping ideas: green onions, cheese, avocado, tortilla chips

### *Preparation Method*

- Using a large pot on medium-high heat, add olive oil and saute the onion, bell pepper, and jalapeno, stirring frequently, until the onions are translucent and the peppers begin to soften (about 3-4 minutes).
- Then stir in the garlic and chili seasoning, allowing the spices become to become fragrant (about 1-2 minutes).
- Add the red lentil, butternut squash, black beans, crushed tomatoes, and vegetable broth and stir until well-combined
- Bring the chili to a boil and then reduce the heat to a simmer. Cover and let it simmer for 25-30 minutes, until the butternut squash and lentils are tender and cooked through. Top with optional ingredients of your choice. Best served warm