



SEP 3, 2015

FOOD & RECIPES

# Chipotle Lentil Chili

By The Good Housekeeping Test Kitchen



Mike Garten

With a pressure cooker, this chili is ready in no time.

LEVEL: Easy

SERVES: 6

# Ingredients

2 chipotles in adobo

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2 cloves garlic

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1/2 c. sun-dried tomatoes

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1 (28 oz.) can whole peeled tomatoes

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1 tbsp. oil

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1 medium onion, chopped

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1 medium green pepper, chopped

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1 tbsp. chili powder

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4 c. lower-sodium broth

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2 c. brown lentils

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1/2 tsp. salt

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Avocado, for serving

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Cheddar, shredded, for serving

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Cilantro, for serving

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Tortilla Chips, for serving

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## Directions

- 1 In food processor, puree chipotles, garlic, sun-dried tomatoes; pulse in whole peeled tomatoes until chopped. In pressure cooker in oil on medium, cook onion, green pepper, and chili powder. Add tomato mixture, broth, brown lentils, and salt. Lock lid; cook under high pressure 12 minutes. Release pressure. Serve with avocado, cheddar, cilantro, tortilla chips.

ABOUT 310 CALS, 19 G PROTEIN, 52 G CARBS, 4 G FAT, 18 G FIBER, 870 MG SODIUM.

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