



Amazing Vegetarian Chili

- 2 Cups Onion, diced
- 3 Tablespoons Olive Oil
- 2 Cups Adzuki Beans, cooked
- 2 Cups Black Beans, cooked
- 2 Cups Red Quinoa, cooked
- 2 Cups Indigo Green Lentils
- 8 Cloves Garlic, minced
- 2 teaspoons Chili Powder
- 1/2 teaspoon Black Pepper
- 1 teaspoon Sea Salt
- 1 teaspoon Cumin
- 1 28-ounce can Tomatoes, diced
- 1 can Tomato Paste
- 10 Cups Vegetable Broth - Organic Low Sodium

In sauté pan add olive oil over medium heat and cook onions until translucent. Add garlic, chili powder, pepper and cumin mixing until well combined.

Transfer to crock pot and add beans, quinoa, lentils, tomatoes, tomato paste, vegetable broth and mix well.

Cook 1 hour on high, stirring occasionally. Reduce to low and continue cooking an additional hour until lentils are cooked through and flavors mix well.

Enjoy! YUM!

The Food Evolution • 295 Route 304, Bardonia, NY 10954 • 845-507-0260 •
www.thefoodevolution.com