



## Sweet Potato, Black Bean, Lentil Chili

This is one of my favorite things to make on the weekends and then portion out for lunches during the week. It's packed with plant-based protein, tons of veggies and zero added fat. I hope you enjoy it as much as I do!

In A Crock Pot, mix together:

- 2 ½ cups water
- 2 Tbsp Chili Powder
- 1 Tbsp Cumin
- 1 Tbsp Cornmeal
- 1 Tsp Sugar
- 1 Tsp Salt
- 1 Tsp Cocoa Powder



Then add:

- Approximately one cup of rinsed lentils (I don't usually measure)
- Two medium sweet potatoes, peeled and cubed
- Approximately 4 cups of additional fresh vegetables, sliced and or chopped
  - I typically use two cups of mushrooms, one cup of carrots, and anything else I have in the fridge – sometimes celery, or red peppers. You could use onion or any of your favorites!
- Two 15 oz. cans of rinsed black beans
- Three 15 oz. cans of diced tomatoes

Stir it all together, set the crock pot on low and let it go for 9-10 hours. Once it cools down, I portion it into about 7 or 8 bowls and put them in the fridge to pack in my lunch cooler during the week. Sometimes I mix in some quinoa. At lunchtime, you could heat it up but usually I eat it room temperature. Another plus is that there is no meat or dairy to worry about spoiling when it's not refrigerated during the day. You could also add sliced avocado and/or sour cream on top. Enjoy!!

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