

David's Lentil Chili

- 2 15 oz cans of lentils*
 - 1 11 oz. can of tomato puree
 - 1 8 oz. can of tomato sauce
 - 1 4 oz. can of tomato paste
 - 1 4 oz. can of diced green chillies
 - 1 10 oz. bag of frozen chopped onions*
 - 1 Tsp of diced garlic
 - 2 Tbsps of chili powder
 - 1 Tsp of cumin powder
 - 1 Tsp of oregano
 - 1 Tsp of paprika
 - 1/2 Tsp ginger powder
 - 1/2 Tsp mustard powder
 - 1/2 Tsp pepper
 - Salt to taste
- Meat can be added at your option and of your choice

* If canned lentils are unavailable, use 4 cups of lentils prepared from dry lentils. If you prefer, use an equivalent weight of fresh chopped onion.

Saute the chopped onion and garlic in butter or cooking oil of your choice (I use coconut oil). When the onion and garlic are soft but not browned add the green chillies and saute for a few more minutes. Next, add the cans of tomato for the sauce. Next add in all of the seasonings and stir into the sauce. Finally, rinse the canned lentils and add them to the sauce. Simmer for 10 to 20 minutes. I usually cook this without meat and use it as the chili for chili hot dogs.