

## Lentil Chili

Serves 8

¾ cup dry lentils  
14.5 oz box of vegetable broth  
2 14 oz. cans crushed tomatoes  
1 medium red sweet pepper, chopped  
1 medium onion, chopped  
3 garlic cloves, minced  
2 T. Chili powder  
1 tsp. cumin  
¼ tsp. allspice  
¼ tsp. oregano  
1 cup drained whole kernel corn  
1 cup drained black beans

Combine everything except corn and black beans in a 3 quart saucepan and bring to boil over high heat. Reduce heat to low, cover and simmer for 25-30 minutes.

Stir in corn and black beans.

Simmer 10-15 minutes.

This stew is great served over brown rice. You can top it with fat free yogurt or fat free sour cream and reduced fat cheese.