



Lentil Vegetable Chili

- 1 can (19 ounce) Tender Bits, drained
- 1 cup green lentils
- ½ cup red lentils
- 4 cups vegetable stock
- 2 cups water
- 1 onion, minced
- 2 cups diced sweet potatoes, or white potatoes
- 3 stalks celery, chopped
- 2 cups Chinese cabbage, or any cabbage of choice, chopped
- 1 can (28 ounce) diced tomatoes
- 1 small can tomato paste
- 1 bay leaf
- 1 ½ teaspoons sea salt
- ½ teaspoon onion powder
- 2 teaspoons chili powder
- ¼ teaspoon granulated garlic
- 1 tablespoons cooking oil

Directions: Sauté the onion and celery in a large pan. Add the potatoes, spices (except garlic), salt and tomato paste. Add the tomatoes with juice, vegetable stock and water. Sort and rinse the lentils. Add to the pot and simmer covered for 20-25 minutes. In the meantime, chop the Tender Bits into smaller pieces and dust them with the granulated garlic. Heat a small amount of oil in a skillet and brown the Tender Bits. When the lentils are cooked add the chopped cabbage and Tender Bits. Simmer for 4-5 minutes until the cabbage has softened. Adjust chili seasoning and salt to suit your taste.

Submitted by N.S. of North Carolina