Vegetarian Chili
Serves 10-15 Children

Ingredients
2 tbsp vegetable oil
1 onion, diced
3 stalks celery, diced
2 carrots, diced
1 bell pepper, diced
2 tbsp chili powder
1 tsp garlic powder
1 can tomato paste
2 cans low-sodium diced tomatoes
½ cup red split lentils
1 can mixed beans drained and rinsed
1 cup frozen corn

Directions
1. Sauté onion, celery, carrots and bell pepper in oil, with spices.
2. Continue to cook until onions are translucent.
3. Add remaining ingredients and bring to a boil.
4. Reduce heat to low and simmer for at least ½ hour.

TIPS
Serve with a whole wheat bun and a glass of milk.
You can substitute any type of beans you like.