

CAMP-OUT CHILI

Ingredients

1 tbsp.	vegetable oil
1 large	onion
2 stalks	celery
1	green pepper
1 can (19 oz/540 mL)	lentils
1 can (19 oz/540 mL)	kidney beans
1 can (19 oz/540 mL)	diced tomatoes
½ tsp.	chili powder
¼ tsp.	pepper
1 200 g block	cheddar cheese

Directions

1. Heat oil in skillet on medium-high heat.
2. Peel and dice onion.
3. Wash and dice celery.
4. Wash and dice the green pepper.
5. Cook onion and celery in skillet until softened.
6. Open cans of lentils and beans. Drain into a colander and rinse under cool water. Add lentils and beans to the skillet.
7. Open can of tomatoes but do not drain. Add the tomatoes and their juice to the skillet.
8. Add spices to the skillet and stir.
9. Simmer for 5 minutes.
10. Shred cheese.
11. Turn the stove off.
12. Serve chili in bowls and sprinkle shredded cheese on top.
13. Enjoy!

Serves 6.

Recipe adapted from the Niagara Region Public Health Department's "[You're the Chef Leader's Manual](#)". 2006.

