

The Natural Healing Center



4250 Veterans Hwy. Suite 104E | Holbrook, NY 11741 | 631.563.6503 | TheNaturalHealingCenter.net

Lentil, Tomato, Eggplant Chili

Ingredients:

- 2 Tbsp. olive oil
- 1 small eggplant
- 1 medium onion, chopped
- 1 medium red bell pepper, chopped
- 2 plum tomatoes, chopped
- 4 garlic cloves
- 1 cup dry lentils (red or brown)
- ½ cup quinoa
- 2 (14 ½ oz) cans or cartons veggie broth
- 1 ½ cups water
- 2 Tbsp. chili powder
- 2 tsp. cumin
- 1 tsp. salt
- Black pepper to taste

Preparation:

Heat oil in a sauce pan. Add onions, bell pepper and garlic. Cook for 7 minutes.

Add remaining ingredients and simmer for 30 minutes or until tender.

Serve with yogurt, red onion or hot sauce.