



Crockpot Lentil and Pumpkin Chilli

This is a quick, simple and delicious recipe that can be ready when you are! A vegetarian-friendly meal, this dish is packed with protein and fibre and is definitely a winner on those cold winter nights. As an added bonus, pumpkin is a low-calorie vegetable rich in vitamin A and antioxidants. This recipe can also be frozen and taken out in the morning of those busy days, allowing you to come home to a warm, comforting, and healthy home-cooked meal!

Prep: 10 minutes • Total: 4 hours

Ingredients:

Black beans	1 can (15 oz)	450 mL
Pinto beans	1 can (15 oz)	450 mL
Diced tomatoes	1 can (14 oz)	398 mL
Pumpkin puree	1.5 cups	375 mL
Water	2 cups	500 mL
Lentils, uncooked	1 cup	250 mL
Onion, minced	1 each	1 each
Red pepper, chopped	1 each	1 each
Celery, chopped	1 cup	250 mL
Carrots, shredded	1 cup	250 mL
Chilli powder	1 Tbsp	15 mL

Directions:

1. Combine all ingredients in the slow cooker. Cover and cook on high for 4 hours or on low for 8 hours.
2. Remove lid and serve.

This recipe can easily be frozen and enjoyed again. You can also add/substitute vegetables and spices to your liking. Be sure to choose canned beans with no added salt.

Nutrition Facts

Serving Size (339g)

Servings Per Container

Amount Per Serving

Calories 170 **Calories from Fat 5**

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 170mg **7%**

Total Carbohydrate 33g **11%**

Dietary Fiber 10g **40%**

Sugars 6g

Protein 10g

Vitamin A 210% • **Vitamin C 60%**

Calcium 10% • **Iron 20%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Adapted from: Healthy Delicious

Makes 8-10 servings (339 g/serving) • 1 serving = 1.5 cups

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