



**Catholic  
Health Services**  
*of Long Island*  
At the heart of health

## Crockpot Mexican Vegetarian Lentil Chili

**Serves 4–6**

### Ingredients

2 tbsp. olive oil  
1 onion, chopped  
1 clove garlic, chopped  
2 carrots, chopped  
1 green pepper, diced  
1 4.5 oz. can mild diced green chili  
1 cup brown lentils  
1 15 oz. can red kidney beans  
1 cup water  
3 cups low-sodium vegetable broth  
1 15 oz. can diced tomatoes  
1 low-sodium taco seasoning packet (or make your own: 1 tbsp. chili powder, ¼ tsp. garlic powder, ¼ tsp. onion powder, ¼ tsp. dried oregano, ½ tsp. paprika, 1½ tsp. ground cumin, 1 tsp. black pepper, ½ tsp. salt)  
1 cup butternut squash, cubed, or 1 large sweet potato, cubed



### Topping

½ cup reduced-fat Mexican cheese blend  
½ cup salsa  
½ avocado, sliced



### Preparation

1. Add all ingredients to crockpot in the order listed. Stir to combine. Cook on high for about 4–5 hours.
2. Scoop about 1–2 cups of the chili into a bowl. Top each bowl with 2 tbsp. cheese, 2 tbsp. salsa and 2 slices of avocado.

*Pro Tip: Add a few lentil chips to this dish, or serve stuffed into a baked sweet potato!*