

# LENTIL CHILI SOUP



## Lentil Chili Soup

Packed with whole-food ingredients that deliver a rich, chili flavor. This amazing high-fiber food fills you up without excessive calories. It makes great omelets, dips and salads.

## Ingredients

Lentils (19.85%), Pinto Beans, Red Beans, Black Beans, Black Bean Powder, Tomatoes, 8 Grain Mix (Barley Flour, Millet, Buckwheat Flour, Brown Rice Flour, Flax Seeds, Teff, Amaranth, Quinoa), Sesame Seeds, Onion, Red Kidney Bean Powder, Red Bell Pepper, Green Bell Pepper, Chili Powder, Adzuki Bean Powder, White Bean Powder, Apple, Garlic, Salt, Cumin, Jalapeno Powder.

## Layered Mexican Casserole

**Ingredients:** 1 Lentil Chili Soup, 2-4 whole wheat tortillas, 1 green bell pepper (chopped), 1/2 onion (chopped), 2 Tbsp olive oil, 1/2 cup low-fat plain yogurt, 1/2 cup low-fat cheese.

**Instructions:** Prepare soup according to package directions. Heat oil in pan. Cook onion and pepper until onion is clear, set aside. Lightly oil 8" x 8" baking dish. Cut tortillas in quarters like a pie. Layer tortillas first, then Lentil Chili, tortillas, pepper mixture, tortillas, yogurt, tortillas, then top with cheese. Bake at 350° F (175° C) for 25 min. Makes 4 servings.

### Nutritionals per serving

Calories – 254  
Carbohydrates – 28g  
Protein – 11g  
Fiber – 6g  
Sodium – 234mg (10%)\*  
Fat – 12g

## Texas Style Chili & Eggs

**Ingredients:** 1 Lentil Chili, 3 eggs, 3 slices whole grain bread.

**Instructions:** Make soup according to package directions. Poach eggs (bring 2 inches of water in a saucepan to a gentle boil and crack eggs into water. Cook 3-5 minutes). Toast bread and top with chili and eggs. Makes 3 servings.

### Nutritionals per serving

Calories – 257  
Carbohydrates – 36g  
Protein – 16g  
Fiber – 8g  
Sodium – 380mg (16%)\*  
Fat – 8g

\* Percent Daily Value based on a 2,000 calorie diet

