Vegetarian Chili

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1 chopped onion
- 2 garlic cloves minced
- 1 1/4 cup white wine or 1 1/4 cup vegetable stock
- 1 cup of dry red lentils
- 1 spicy chile seeded chopped
- 1 tsp thyme
- 1 tsp pumpkin pie spice
- 2 tsp cumin
- 3 tbsp soy sauce
- 1 can of red kidney beans
- **toppings:** Cheddar/Jack cheese, Jalapenos, Sour cream, Black olives, Raw onions, steamed white rice with corn

Instructions

So, I got this recipe out of a book about food from the Taste of the Caribbean. I made it once and I'm in love. It's so different from the norm yet it tastes the same as regular chili. You can substitute the lentils for ground meat and the stock. Which ever way it's amazingly delicious!

Saute garlic and onion until soft and fragrant. Add white wine or stock and tomatoes. Add lentils and spices and cook for at least 40 minutes, add more water/stock as needed, cook longer if lentils are still crunchy. Add kidney beans cook for 10 minutes more. Serve on top of white rice with corn or fritos. Top with cheese and stuff. Enjoy! :)