

## Marching Band Competition Vegetarian Chili Recipe

In the interest of a consistent offering, please follow this recipe as described

### Ingredients

1Tb olive oil  
1 onion, peeled and chopped  
1 red pepper, deseeded and chopped  
1-2 garlic cloves, crushed  
One 14 oz can tomatoes  
1 cup dried red kidney beans, soaked, cooked and drained or two 15 oz cans red kidney beans  
1/2 cup dried whole green lentils, simmered in plenty of water for 40-45 minutes until tender  
1 tsp mild paprika  
1-2 Tb chili powder  
Salt and freshly ground pepper

### Preparation

1. Heat the oil in a large saucepan and sauté the onion and pepper for 10 minutes. Add the garlic and cook for 1-2 minutes, then add the tomatoes.
2. Drain the beans and lentils, reserving liquid. Add both to the tomato mixture, along with the paprika and chili powder.
3. Simmer for 15 minutes, adding the bean water as needed for consistency. Season, and serve.

NOTE: Begin simmering the lentils as you start with the rest. Approximately 10-15 mins later, add the lentils in to the mix and then let it simmer for approximately an hour, or until it seems that it is done.



# Chili

