



## One pot lentil chilli (serves 4)

### Ingredients:

- 2 cans crushed tomatoes
- 1 can lentils (any colour)
- 1 red capsicum, chopped
- 1 cup of chopped mushrooms
- 1/2 an onion or a handful of spring onion, chopped
- 1 clove garlic, crushed
- 1+ cup of vegetable stock
- 2 tsp cumin
- 1/2 tsp chilli (or to your own tastes)
- 1 tsp sea salt
- 1/4 tsp cayenne pepper
- 1 cup corn kernels
- 2 Tbsp almond butter (or any nut butter)(optional but good!)
- 1 cup coriander chopped
- 2 Tbsp rice malt syrup (available from Woolies/Coles/IGA)
- A handful of any green leafy vegetable like kale, silverbeet, spinach (optional)

**Method:**

- 1 Heat 2-4 Tbsp of vegetable stock in a pot and add the capsicum, onion, and garlic, plus leafy vegetable if using. Sauté for 3-5 mins.
- 2 Drain and rinse the lentils. Add the lentils, crushed tomatoes, and the rest of the stock and bring to the boil.
- 3 Add the spices and rice malt syrup, stir and cook over medium heat for 15-20 mins.
- 4 Add the corn, mushrooms and coriander, stir and cook for another 10 mins.
- 5 Remove from the heat, add the nut butter and stir.
- 6 Taste and adjust seasonings as needed. Store in a covered container in for up to 5 days in the fridge.

This is great served on brown rice. If you have read the book you will know to cook the rice in advance and reheat it when you eat the meal which makes it many times more valuable in terms of nutrition as the goodness stays in the grains and finds it's way to your gut and feeds the gut bugs, instead of being instantly digested in your stomach (if eaten straight after the first cook) and giving you a blood sugar rush, which is terrible for your inflammation levels and thus immunity.

This meal has been a winner with everyone I have given it to - give it a try! (And it is quick and easy!!)