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## One Pot Vegan Lentil Chili

This vegan lentil chili is a hearty and flavorful dish that is perfect for a cozy dinner. It is made with nutritious ingredients like lentils, vegetables, and spices. The chili is cooked in one pot, making it easy to prepare and clean up. It is a filling and satisfying meal that is packed with protein and fiber. Enjoy this delicious vegan chili on its own or serve it with rice or crusty bread.

**Recipe Type:** Vegan

**Prep Time:** 15 mins

**Cook Time:** 45 mins

**Total Time:** 60 mins

**Recipe Yield:** 1000 grams

**Number of Servings:** 4

**Serving Size:** 250 g

### Ingredients

200 g	Lentils
150 g	onion
3 cloves	garlic
150 g	Red Bell Pepper

<b>100 g</b>	carrot
<b>2 stalks</b>	celery
<b>2 tbsp</b>	tomato paste
<b>2 c</b>	diced tomatoes
<b>4 c</b>	vegetable broth
<b>2 tsp</b>	chili powder
<b>1 tsp</b>	cumin
<b>1 tsp</b>	paprika
<b>1 tsp</b>	salt
<b>0.5 tsp</b>	black pepper
<b>2 tbsp</b>	olive oil

## Directions

### Step 1

Stove

Heat olive oil in a large pot over medium heat.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 2

Stove

Add onion, garlic, red bell pepper, carrot, and celery to the pot. Cook until vegetables are softened, about 5 minutes.

**Prep Time:** 10 mins

**Cook Time:** 5 mins

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### Step 3

Stove

Add tomato paste, chili powder, cumin, paprika, salt, and black pepper to the pot. Stir to coat the vegetables with the spices.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 4

Stove

Add lentils, diced tomatoes, and vegetable broth to the pot. Bring to a boil, then reduce heat to low and simmer for 30 minutes, or until lentils are tender.

**Prep Time:** 5 mins

**Cook Time:** 30 mins

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### Step 5

Taste and adjust seasoning if needed. Serve hot.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 4 g

**Protein:** 14 g

**Carbohydrates:** 45 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	14 g	82.35%	82.35%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	45 g	81.82%	90%
Fibers	12 g	31.58%	48%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	4 g	14.29%	16%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	40 iu	4.44%	5.71%
Vitamin C	80 mg	88.89%	106.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	8 mg	0.8%	0.8%
Iron	30 mg	375%	166.67%
Potassium	600 mg	17.65%	23.08%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas Barbecue Picnic Game Day

### Meal Type

Brunch Lunch Dinner Snack

### Kitchen Tools

Blender

### Course

Breads Salads Soups Snacks

### Cultural

Chinese New Year

## Diet

Low Sodium Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The 80/10/10 Diet

The Gerson Therapy

The Swiss Secret Diet

The Scarsdale Diet

## Difficulty Level

Medium

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