

# Crockpot Lentil Quinoa Chili



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## Ingredients:

1/2 red bell pepper, chopped  
1/2 green bell pepper, chopped  
1-2 jalapeno peppers, chopped (include or remove membrane & seeds for more or less spiciness) 1 red onion, chopped  
4 cloves garlic, chopped  
3 carrots, peeled & chopped  
1 (15 ounce) can no salt added diced tomatoes  
1 (15 ounce) can no salt added tomato sauce  
1 (15 ounce) can black beans, rinsed & drained  
1 (15 ounce) can kidney beans, rinsed & drained  
1/2 cup pumpkin puree  
2 Tablespoons no salt added tomato paste  
1 cup dry split red lentils  
1 cup dry quinoa  
1 Tablespoon cumin  
2 Tablespoons chili powder  
1 Tablespoon cacao powder  
1 teaspoon turmeric  
1/2 teaspoon cinnamon  
1/2 teaspoon cayenne (optional)  
Pinch of cloves  
6 cups low sodium vegetable broth  
Pink Himalayan sea salt & black pepper, to taste

Optional toppings: fresh chopped cilantro, chopped green onion, chopped tomato or salsa, avocado slices, crushed baked corn tortilla chips, pickled or fresh jalapeno slices, sprinkle nutritional yeast.

## Directions:

Combine all the ingredients in the crockpot. Stir until well mixed.  
Cover and set to cook on HIGH for 4-5 hours or LOW for 8-9 hours.  
Season to taste with salt and pepper, divide into bowls and add preferred toppings.

**Notes:** This makes quite a bit! Be prepared to freeze half.

Adapted from <https://livelytable.com/pumpkin-lentil-quinoa-chili/>

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