Vegetarian Chili

Serves 6		**8 Gallons**
½ pound	Lentils, dry	3 # 10 oz.
2 cups	Northern Beans, cooked	1 2/3 gallon cooked (4 ½ # dry)
¾ cup	Onions, diced	2 ½ Quart
¾ cup	Green Peppers, diced	2 ½ Quart
1 clove	Garlic, minced	2 Tbsp. & 2 tsp.
2 cups	Kidney Beans, cooked	2 #10 cans
2 cups	Plum Tomato Strips in Juice (lower sodium)	2 # 10 cans
½ cup	Tomato Paste	1 Quart & 2 2/3 cups
1 Quart	Water	3 1/3 Gallons
1 ½ Tbsp.	Chili Powder	½ cup
1 tsp.	Cayenne Pepper	2 Tbsp.
1 tsp.	White Pepper	2 Tbsp.
1 tsp.	Garlic Powder	2 Tbsp.

To cook navy beans: Sort and rinse. Soak overnight in double the amount of water. Heat water to boiling in kettle. Add dry beans and boil for 3 minutes. Turn off steam and allow to stand for 1 hour.

Add other ingredients. Simmer for about 1 hour until lentils are tender.

Nutrition Facts per 12 oz. serving: **Calories** 340, **Total Fat** 1.5g, Trans Fat 0g, **Cholesterol** 0mg, **Sodium** 230mg, **Total Carbohydrate** 62g, Dietary Fiber 22g, Sugars 12g, **Protein** 22g, Vitamin A 25%, Vitamin C 45%, Calcium 10%, Iron 35%.

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