

# Red Lentil Thai Chili

Yield: 11 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/red-lentil-chinese-recipe>

## Ingredients:

- olive oil 1 teaspoon to 2 tablespoons, however much you feel like using
- 1 large yellow onion diced medium
- 1 red bell pepper seeded and diced medium
- 3 cloves garlic minced
- 2 tablespoons chili powder
- 1 1/2 pounds sweet potatoes cut into 3/4 inch chunks
- 1 cup red lentils
- 1 teaspoon salt
- 4 cups vegetable broth
- 30 ounces kidney beans drained and rinsed
- 2 tablespoons Thai red curry paste
- 15 ounces lowfat coconut milk
- 28 ounces diced tomatoes
- 1/2 cup fresh cilantro plus extra for garnish
- limes for garnish, optional

## Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 34 grams
3. Fat: 3 grams
4. Fiber: 9 grams
5. Protein: 11 grams
6. Sodium: 610 milligrams
7. Sugar: 7 grams

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