

**GREEN  
CHEF**

# LENTIL & HOMINY CHILI

Corn, pinto beans, celeriac, cheddar polenta cakes

35  
MIN

PREP + COOK TIME



## 671 calories per serving | serves 2

This veggie chili is healthy and hearty — everything you need in a winter meal. Pinto beans and lentils bulk up a gently spiced tomato broth. Hominy — maize that's soaked and stripped to its plump kernels — gives the chili a robust profile, while celeriac adds a fresh, unconventional twist. Cheddar-strewn polenta cakes round things out with a crisp touch on the side.


## INGREDIENTS (10 items)

**Organic instant polenta**  
**Organic cheddar cheese (D)**  
**Organic sweet corn**  
**Organic green bell pepper, celeriac & onion**  
**Organic lime & garlic**

## LOOK FOR THIS COLOR LABEL!

**Organic sprouted lentils**  
**Organic chili spice blend**  
**Organic fire-roasted diced tomatoes**  
**Pinto beans & hominy**  
**Organic vegetable bouillon**

All ingredients organic unless otherwise labeled.

Contains: **(D)** dairy  
 Wash and dry fresh produce.

## FROM YOUR PANTRY

salt & pepper, foil, cooking oil (such as vegetable, safflower, or canola)

## TOOLS YOU'LL NEED

small pot, liquid measuring cup, whisk, cooking spoon, baking sheet, knife & cutting board, medium pot with lid, can opener, large nonstick pan, rubber spatula, ladle



### 1 COOK POLENTA

Bring 1 ½ cups water to a boil in a small pot. Once boiling, remove from heat. Add instant polenta. Whisk 1 minute continuously, or until polenta thickens. Add a large pinch of salt, a small pinch of pepper, cheddar cheese, and sweet corn. Whisk to combine.



### 2 COOL POLENTA

Spoon polenta onto a foil-lined baking sheet, making four equal-size piles. Transfer baking sheet to refrigerator to cool.



### 3 PREP VEGGIES

Carefully remove celery root peel with a knife. Small dice into about ¼-inch pieces. Cut root end off onion and remove peel. Small dice onion and green bell pepper into about ¼-inch pieces. Mince garlic.



### 4 SAUTÉ VEGGIES

Heat about 2 tablespoons cooking oil in a medium pot (with a lid) over medium-high heat. Add celery root to hot pot. Cook 3 minutes, stirring occasionally. Add onion, bell pepper, garlic, and sprouted lentils. Add chili spice blend. Season with salt and pepper. Stir to combine. Cook 2 minutes, or until veggies soften, stirring occasionally.



### 5 BUILD CHILI

Add fire-roasted tomatoes (with juice) to pot. Add pinto beans and hominy to pot. Crumble vegetable bouillon into 2 cups warm water (tap is fine) and stir to dissolve. Add to pot. Stir to combine.

**Pro Tip:**  
Cooking at a higher heat speeds up the cooking process; stir frequently from the bottom to prevent scorching.



### 6 COOK CHILI

Bring chili to a boil, then cover. Cook 15-18 minutes, or until lentils are tender, stirring frequently. Salt and pepper to taste.



### 7 COOK POLENTA CAKES

Meanwhile, press polenta piles into about 1-inch thick cakes. Heat about 1 tablespoon cooking oil in a large nonstick pan over medium-high heat. Add cakes to hot pan. Cook 3-4 minutes on each side, or until lightly browned and crispy.



### 8 PLATE YOUR DISH

Cut lime into wedges. Ladle lentil chili between bowls. Serve with two polenta cakes each. Garnish with lime wedges. Enjoy!

## YOU SHARE, WE GIVE.

Tag your @greenchef pics #iamgreenchef for a chance to win 1 free meal. Add #greenchefgives to show your support for Meals on Wheels America.



© 2016 Green Chef, Inc.  
All Rights Reserved