

# Red Lentil Chili

My husband and I have become addicted to this easy to make red lentil chili and is one of our weekly staples. Goes amazing over rice!

Prep:  
**10 minutes**

Cook:  
**25 minutes**

Ready In:  
**35 minutes**

Servings:  
**2-3**



## Ingredients

- 3 Medjool dates, blended with water
- 2 garlic cloves, minced
- 3 cups water
- 15 oz can diced tomatoes
- 3 oz tomato paste (1/2 of a small can)
- 1/2 red pepper, diced
- 1/2 red onion, diced
- 1 cup dry red lentils
- 1 tsp chili powder
- 1 tsp paprika
- 1 tbsp ume plum vinegar

## Instructions

- 1 Blend your dates with the 3 cups of water. If your dates are hard, let them soak in the water for 1-2 hours. You can also throw in the garlic while blending but it's better to mince it and add it to the pressure cooker so your blender doesn't smell like garlic.
- 2 Prepare and place all of your ingredients in to the Instant Pot.
- 3 Set the cooker to pressure cook and change the time to 17 minutes. Remember to set the valve to sealing.
- 4 Once the time is complete, let it naturally release for 15 minutes. If you end up needing more chili, you can double the recipe. The recipe works fine in our 3 quart pressure cooker.
- 5 If you do this on the stove top, bring to a boil, lower heat to simmer and cover, let cook about 30 minutes or until thick.