



One-Pot Short Rib & Red Lentil Chili

Prep: 20 minutes

Cook: 3 hours 15 minutes • Serves: 8

- 1 pound boneless beef short ribs
- 2 teaspoons ground cumin
- 1½ teaspoons kosher salt
- 1 teaspoon paprika
- ¼ teaspoon ground black pepper
- 1 tablespoon olive oil
- 1 jalapeño pepper, finely chopped
- 1 medium red bell pepper, chopped
- 1 medium yellow onion, chopped
- 2 garlic cloves, minced
- 1 tablespoon chili powder
- 1 can (6 ounces) tomato paste
- 1 can (14.5 ounces) diced tomatoes
- 1 cup dry red lentils
- 1 cup frozen sweet corn
- Shredded pepper Jack cheese and nonfat Greek yogurt for garnish (optional)

1. Sprinkle both sides of ribs with cumin, ½ teaspoon salt, paprika and black pepper. In large saucepot, heat oil over medium-high heat; add ribs and cook 5 minutes or until browned, turning once. Transfer ribs to plate.

2. In same saucepot with drippings, cook jalapeño, bell pepper and onion 5 minutes or until tender, stirring occasionally. Add garlic and chili powder; cook 30 seconds, stirring frequently. Stir in tomato paste; cook 1 minute, stirring frequently. Add tomatoes with their juice and 3 cups water; cook 1 minute, scraping browned bits from bottom of saucepot with wooden spoon. Add ribs and heat to a simmer; reduce heat to low, cover and cook 2 hours 45 minutes or until ribs are very tender and meat falls apart, stirring occasionally. Stir in lentils, corn and remaining 1 teaspoon salt; cover and cook 15 minutes or until lentils are tender, stirring occasionally. Makes about 8 cups.

3. Serve chili topped with cheese and yogurt, if desired.

*Approximate nutritional values per serving (1 cup):
349 Calories, 19g Fat (7g Saturated), 36mg Cholesterol, 599mg Sodium,
29g Carbohydrates, 6g Fiber, 5g Sugars, 16g Protein*

Dietitian's Dish

> The fiber in the lentils will help keep your gut and blood sugar healthy and regulated. Magnesium in lentils and other beans also helps to reduce inflammation in the body.