

MOT more of this  
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LOT less of that

## Vegetable Lentil Tortilla Soup

Hearty nutrient dense plant based soup that delivers vitamins, minerals, and fiber in every bowl!

**Serves:** 4

**Total time:** 6-8 hours

### Ingredients

- 1/2 cup diced onion
- 1 teaspoon olive oil (or avocado oil)
- 1 bell pepper, diced (use red, green, orange, or yellow, or a combination!)
- 1 jalapeno pepper, diced
- 2 1/2 cups chicken stock
- 1 15 oz can of tomato sauce or crushed, undrained
- 1 tablespoon tomato paste
- 1 15 oz can black beans, drained and rinsed
- 1 15 oz can white beans, drained and rinsed
- 1 cup frozen corn
- 3/4 c dried red lentils
- Chili powder, garlic powder, cayenne, salt, pepper to taste
- Optional: 2 cups shredded or cubed cooked chicken

### Directions- Slow Cooker

1. Put everything into the slow cooker except the chicken. Cook on low for 6-7 hours, or high for 4-5. When vegetables and lentils are tender, and soup is thick, you will know it is ready. Add the chicken at the end, so it doesn't overcook in the soup.
2. Serve with a variety of toppings;
  - Broken tortilla chips
  - Shredded cheddar cheese
  - Sliced jalapenos
  - Avocado
  - Sour cream

**Mary-Beth says:** "You can make this on your stovetop. Cook the vegetables first, then add the chicken stock, tomatoes, beans, corn and lentils and spices. Let simmer for about 45-60 min, covered, to cook through. Add chicken, if using, at the end."