

# Harissa Vegan Chili (One Pot)

**By: Coffee 'n Spice, Melanie**

Servings: 10

Prep Time: 40 minutes

## Ingredients

- \* 1 tbsp of olive oil
- \* 1 small Onion or ½ of a large, diced
- \* 1 Large Bell pepper any color, diced
- \* 2-3 cloves of minced Garlic
- \* 1 jalapeno seeded or unseeded, diced
- \* 2 tbsp Tomato paste
- \* 3 tbsp Harissa spice (not paste, see notes)
- \* 1 tsp Coriander
- \* 1 1/2 tbsp Cumin
- \* 1 tsp Turmeric
- \* 1 tsp Paprika
- \* 1/2 tsp Oregano
- \* Salt & Pepper, to taste
- \* 2-15 oz canned diced tomatoes
- \* 1 cup Vegetable Stock or water
- \* 100 g of Red Lentils, rinsed and drained
- \* 1-15 oz can drained Tri Bean Blend\* or any choice (I found a pinto, black, and red kidney bean blend)
- \* 1-15 oz can drained Chickpeas
- \* 1 tbsp of Maple syrup



## Directions:

1. Heat oil in a pot over medium heat. Add the diced onion and bell pepper. Sauté for 5 minutes until translucent. Once translucent you may add the garlic and the diced jalapeno. Sauté for 2 more minutes.
2. Turn down the heat to low. Next add tomato paste and the Harissa, coriander, cumin, turmeric, paprika, salt and pepper. Let the spices marry with the tomato paste for 2 minutes. Stirring occasionally.
3. Add the can of diced tomatoes and the vegetable stock. Bring to a low boil over medium-low heat. Once you bring to a low boil add your lentils. Let them simmer for 12 to 15 minutes. Don't let them boil on high. Make sure to stir occasionally to prevent burning. The liquid should thicken a bit, but it should not dry. If needed add a splash or stock or water (I added a splash of stock).
4. Once you cook the lentils you can add the beans and chickpeas. Stir occasionally. Let this simmer covered on low heat for another 10 to 15 minutes. After that you can add your maple syrup, and adjust the salt level. You can serve in a cup with fixings, over sweet potatoes, or make them a filling for enchiladas. Enjoy!

**Notes:** If using Harissa Chili Paste only use 1-2 tablespoons, as the flavor may be more intense and much spicier.