

PEANUT BUTTER GRANOLA

Serves: 16

INGREDIENTS

¼ cup canola oil
1 cup peanut butter
1/3 cup brown sugar
1 tsp vanilla extract
1 (540 ml or 19 oz) can of lentils, drained and rinsed
3 cups large flake rolled oats

INSTRUCTIONS

1. Preheat the oven to 350F.
2. In a medium pot, melt the oil, peanut butter, sugar, and vanilla.
3. Pour over the lentils and oats in a large bowl.
4. Stir to combine.
5. Spread onto a cookie sheet. Bake for 10 minutes.
6. Take out and stir. Bake another 10 minutes.
7. Stir again. Keep baking and stirring at 10 minute intervals until the granola is a nice, golden brown. It will crisp up more as it cools.
8. Allow to cool, then break up and store in a sealed container.

WHITE BEAN BLONDIES

Serves: 9 brownies

INGREDIENTS

1 ½ cups cooked white beans (naval beans)

½ tsp baking powder

½ tsp baking soda

¼ tsp salt

½ cup honey

2 tsp vanilla extract

½ cup + 2 Tbsp. rolled oats

¼ cup butter, melted

½ cup white chocolate chips

INSTRUCTIONS

1. Preheat the oven to 350F. Line an 8x8 glass pan with parchment paper.
2. Combine all the ingredients in a blender and blend until the batter is mostly smooth. You likely will have some oats that are not entirely ground up, but the rest of the batter should be smooth.
3. Pour the batter into the prepared pan and bake for 15-20 minutes, until the tops are medium golden brown. Careful not to undercook the brownies as the center will remain gooey.
4. Allow the brownies to cool completely before cutting.

BLACK BEAN QUESADILLAS

Recipe Source: Canadian Living
Serves: 4

INGREDIENTS

2 teaspoons vegetable oil
1 onion, chopped
1 green bell pepper, diced
1 tablespoon chili powder
½ teaspoon ground cumin
¼ teaspoon salt
¼ teaspoon pepper

1 can (19 ounces) black beans, drained and rinsed
1 cup salsa
½ tomato, chopped

4 large flour tortillas
2 cups shredded Cheddar cheese
½ cup sour cream (optional)

INSTRUCTIONS

1. Preheat oven to 425 F. Heat onion in large nonstick skillet. Cook onion, green pepper, chili powder, cumin, salt, and pepper until softened.
2. Add black beans, salsa, and tomatoes. Cook until heated through (about 5 minutes).
3. Spoon bean mixture over half of each tortilla and then sprinkle with cheese.
4. Fold uncovered half over top and press lightly.
5. Place on large baking sheet and bake in oven, turning once, until golden, 10 to 15 minutes.

RANCH FLAVORED ROASTED CHICKPEAS

INGREDIENTS

2 (15 oz) cans chickpeas (also known as garbanzo beans)
2 tablespoons olive oil

RANCH SEASONING

(* you will only be using 2- 3 tsp of this mix in the recipe, refrigerate the rest for other recipes)

1/4 cup ground black pepper
1 1/2 cup parsley flakes
1/2 cup garlic salt
2 Tbsp kosher salt
1/8 cup garlic powder
1/8 cup + 2 Tbsp onion powder
2 Tbsp dill weed

INSTRUCTIONS

1. Drain and rinse your chickpeas. Remove any loose skins off the beans but don't worry about taking them all off. Just remove the ones that are very loose.
2. On a paper towel or towel, evenly spread your beans and let dry (approximately 30 minutes).
3. Preheat oven to 400F.
4. Line a cookie sheet with either foil or parchment paper.
5. Evenly spread your dried beans on cookie sheet.
6. Bake for 40-60 minutes. It will all depend on your oven. Check after 40 minutes and if they are crunchy, they are done. If they are too moist, then cook a little longer but watch so they don't burn.
7. After baking, quickly transfer to a bowl and mix with the 2 tablespoons of olive oil.
8. Mix 2 – 3 teaspoons of the whole ranch mix into your baked chickpeas.
9. Enjoy!

instant pot ground turkey lentil chili

★ ★ ★ ★ ★

4.9 from 20 reviews



Prep Time: 30 Cook Time: 13 Yield: 6 servings

DESCRIPTION

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This healthy, easy pressure cooker turkey lentil chili is the perfect meal for any night of the week. It fills you up without filling you out while still having tons of flavor.

INGREDIENTS

1 lb ground turkey
1 medium yellow onion, diced
2 minced garlic cloves
2 Tbsp tomato paste
1 1/2 tsp salt
1 cup dry green lentils
2 cups water
1 (8 oz) can tomato sauce
1 (14.5 oz) can petite diced tomatoes
1 (4 oz) can diced green chiles
2 tsp chili powder
1 tsp cumin
1/2 tsp pepper

INSTRUCTIONS

- 1 Turn your Instant Pot onto "saute." Brown the ground turkey. Add in the diced onions, garlic, tomato paste and salt and cook until meat is browned and onions are soft and translucent.
- 2 Add in the lentils, water, tomato sauce, diced tomatoes, green chiles, chili powder, cumin and pepper.
- 3 Cover the Instant Pot and turn it to "manual," set the timer to 13 minutes. Make sure the valve is set to "sealing."
- 4 When the timer beeps let it sit for 10 minutes and then slowly release the pressure by moving the valve to "venting."
- 5 Remove the lid and ladle the chili into bowls. We topped ours with a dollop of sour cream and some diced green onions.

NOTES

Click here for the [slow cooker version of this recipe](#).

I used my [Instant Pot IP-LUX60 V3 Programmable Electric Pressure Cooker](#) for this recipe.

This recipe is gluten free.

slow cooker turkey lentil chili



Cook Time: 2-3 hours on high, 4-6 hours on low

INGREDIENTS

1 lb ground turkey
1 medium yellow onion, diced
2 minced garlic cloves
2 Tbsp tomato paste
1 1/2 tsp salt
1 cup dry green lentils
2 cups water
1 (8 oz) can tomato sauce
1 (14.5 oz) can petite diced tomatoes
1 (4 oz) can diced green chiles
2 tsp chili powder
1 tsp cumin
1/2 tsp pepper
Cilantro and sour cream, optional

INSTRUCTIONS

- ¹ In a skillet over medium heat brown the ground turkey. Add in the diced onions, garlic, tomato paste and salt and cook until meat is browned and onions are soft and translucent.
- ² Add turkey mixture to the slow cooker.
- ³ Add lentils, water, tomato sauce, diced tomatoes, green chiles, chili powder, cumin and pepper to the slow cooker.
- ⁴ Cover and cook on HIGH for 2-3 hours or on LOW for 4-6 hours, or until lentils are tender.
- ⁵ Scoop into servings bowls and top with cilantro and sour cream, if desired.

NOTES

Ideal slow cooker: 4-6 quart

NUTRITION

Calories: 306 Sugar: 6g Sodium: 959mg Fat: 9.2g Saturated Fat: 1.5 Carbohydrates: 29g Fiber: 12g Protein: 30g
Cholesterol: 77mg