

## Chili-Style Lentil Squares

Preparation time	<b>15 minutes</b>
Cooking time	<b>45 minutes</b>
Servings	<b>8</b>
Cost per serving	<b>\$1.51</b>
Storage	<b>3 days in the fridge. Can be frozen.</b>
Kitchen tools	<b>Can opener, colander, grater, cutting board, sharp knife, measuring cups and spoons, small bowl, fork, large bowl, wooden spoon, 9 x 13-inch baking dish</b>



## Ingredients



1 can (540 ml)  
**red kidney beans**,  
drained and rinsed



1 can (540 ml)  
**lentils**, drained and rinsed

OR ANY CHEESE  
OF YOUR CHOICE



375 ml (1½ cups)  
grated **cheddar cheese**



1 large or 2 small **yellow onions**, peeled and chopped



310 ml (1¼ cups)  
**breadcrumbs**



4 **eggs**



60 ml (¼ cup)  
**ketchup**



60 ml (¼ cup)  
**chili powder**



175 ml (¾ cup)  
**frozen corn nibs**

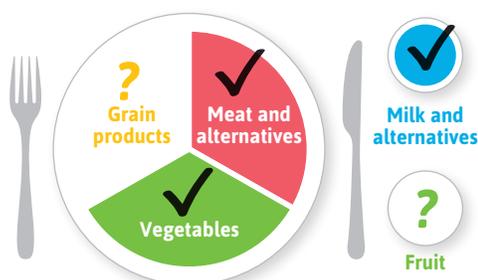


**Salt, pepper** and Tabasco-style  
**hot sauce**, to taste



1 can (796 ml)  
**crushed tomatoes**

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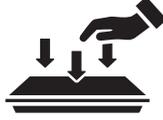
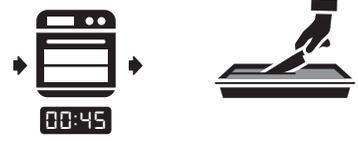


## Balanced plate

Serve with:

- ? A grain product (bread or a home-made cookie for dessert, for example)
- ? Vegetables (salad or cooked vegetables, for example) to round out the serving, and a fruit
- ? A glass of milk or fortified soy beverage

# Directions

1	Place oven rack in the middle position and preheat the oven to 180 °C (350 °F). Oil a 9 x 13-inch baking dish.	
2	In a small bowl, roughly mash the <b>red kidney beans</b> with a fork.	
3	In a large bowl, combine <b>all the ingredients</b> , except for the <b>crushed tomatoes</b> .	
4	Pour the mixture into the oiled baking dish and press down firmly.	
5	Spread the <b>crushed tomatoes</b> over the top.	
6	Bake for 45 minutes, then cut into 8 pieces (2 x 4 inches). <b>Tip:</b> Use the cooking time to prepare your side dishes.	

My rating: ★ ★ ★

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This original recipe was developed by Extenso – The Université de Montréal reference centre on human nutrition