

Chili-Style Lentil Squares

Preparation time	15 minutes
Cooking time	45 minutes
Servings	8
Cost per serving	\$1.51
Storage	3 days in the fridge. Can be frozen.
Kitchen tools	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



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



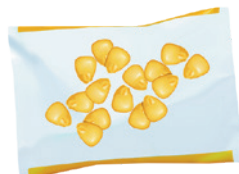
4 **eggs**



60 ml (¼ cup)
ketchup



60 ml (¼ cup)
chili powder



175 ml (¾ cup)
frozen corn nibs

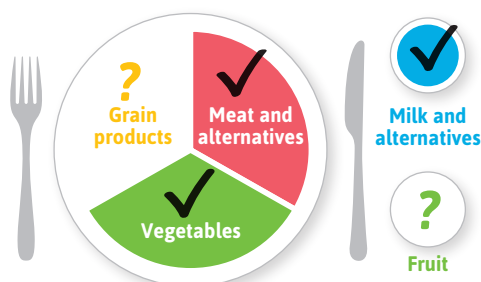


Salt, pepper and Tabasco-style
hot sauce, to taste



1 can (796 ml)
crushed tomatoes

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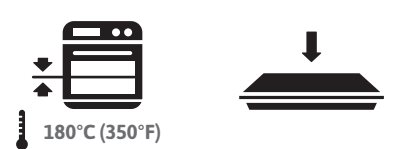


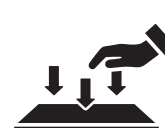

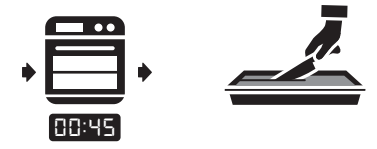


Balanced plate

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 red kidney beans with a fork.	
3	In a large bowl, combine all the ingredients , except for the crushed tomatoes .	
4	Pour the mixture into the oiled baking dish and press down firmly.	
5	Spread the crushed tomatoes over the top.	
6	Bake for 45 minutes, then cut into 8 pieces (2 x 4 inches). Tip: Use the cooking time to prepare your side dishes.	

My rating: ★ ★ ★

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