

## VEGETARIAN CHILI PIE



### **Crust:**

2 cups (500 mL) cooked brown rice  
1 cup (250 mL) grated low fat cheddar cheese  
1 egg, beaten

### **Filling:**

1 cup (250 mL) chopped onion  
1 garlic clove, minced  
2 tbsp (30 mL) canola oil  
1 cup (250 mL) dry **green lentils\***, rinsed and drained  
1 - 19 oz (540 mL) can tomatoes, chopped  
1 ¼ cup (325 mL) cooked **red kidney beans\*** or 1 - 14 fl oz (398 mL) can, rinsed and drained  
1 ½ tsp (7 mL) chili powder  
1 tsp (5 mL) seasoning salt  
1 cup (250 mL) grated low fat cheddar cheese

**COVER** lentils with water in a large saucepan. Bring to a boil and reduce heat. Cover and simmer until the pulses are tender, approximately 20 minutes. Drain water.

**PREHEAT** oven to 375°F. Grease a 9 inch pie plate.

**COMBINE** rice, cheese and egg. Mix well and press into bottom and sides of pie plate.

**BAKE** for 10 minutes or until firm. Remove from oven and reduce oven temperature to 350°F.

**HEAT** oil in a skillet and sauté onion and garlic until onions are translucent. Add lentils, tomatoes, beans, chili powder and salt.

**SIMMER** covered over low heat for 30 minutes or until all liquid has evaporated.

**SPOON** filling into pie crust. Bake for 20 minutes. Sprinkle with cheese and bake until cheese is melted (about 5 minutes).

**REMOVE** from oven and allow to stand for 5 minutes.

Makes: 8 servings

Nutritional Information (per serving): 372 calories; 12 g fat; 21 g protein; 47 g carbohydrate; 9 g fibre; 25 mg cholesterol; 262 mg sodium.



