

# Laurie's Spicy Vegetarian Chili

1 large onion chopped and then sautéed in a large pot  
Add 2 cups red lentils, ½ container Vegetable Broth (Plus enough water to avoid burning.) Cook all three ingredients together.

Add:

3 cans partially drained black beans  
2 cans pizza sauce  
1 cup green pimento olives

Cook and Add:

½ cup well-washed quinoa  
½ cup black Forbidden rice

Finally add:

2 ½ heaping tablespoons Chili powder  
1 heaping tablespoon cayenne pepper  
1 heaping tablespoon curry powder  
1 heaping tablespoon turmeric

Cook and stir often.