Meatless Nachos

olive oil

1 onion, thinly sliced

3 cloves garlic, minced

1 Tablespoon smoked paprika

1 teaspoon cumin

1 teaspoon coriander

1/2 teaspoon chili powder

1/3 cup red  wine

1 can brown lentils, drained and rinsed

1 can black beans, drained and rinsed

2 (14.4 ounce) cans petite diced tomatoes

1/2 cup water

1 1/2 Tablespoons brown sugar

2 teaspoons chicken bouillon

1/2 teaspoon salt

Tortilla chips

fresh cilantro, chopped

avocado, smashed

Heat 3 T. oil in skillet.  Add onion and cook 10 minutes.

Add garlic and cook another 2 minutes.  Add spices and cook 2 more minutes.

Add red wine and bring mixture to a boil.

Stir in lentils, beans, tomatoes, water, sugar, bouillon and salt.  Bring to a boil, reduce heat and simmer 15 minutes.

Season with salt to taste.

Soon bean mixture over a bed of tortilla chips.

Sprinkle with cilantro and serve with fresh avocado slices.